

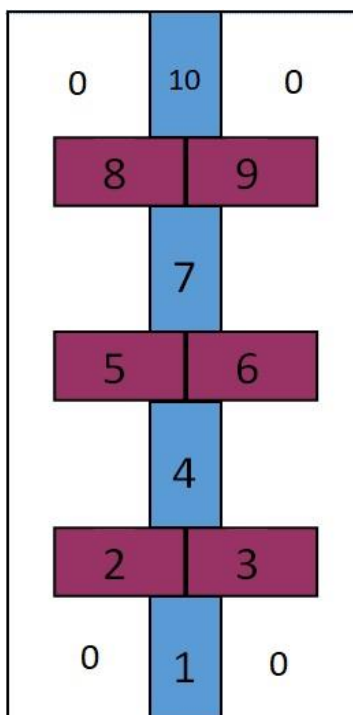
Virtually Boccia – Round 1 Activities

Activity 1 – Hopscotch

Set-up instructions

- This activity is designed to test pace control and accuracy.
- Set up a hopscotch grid (as displayed below) with A4 paper. The first number around 1m from your throwing position.
- Using 6 balls, the aim is to get your ball to stop on one of the numbered pieces of paper
- Your score will correspond to the number on the target
- You can have a Maximum of 1 ball per target.
- A second ball on a target will score 0, a ball not on a target will score 0.
- Maximum possible score for this game is – 45 points

Set-up Image

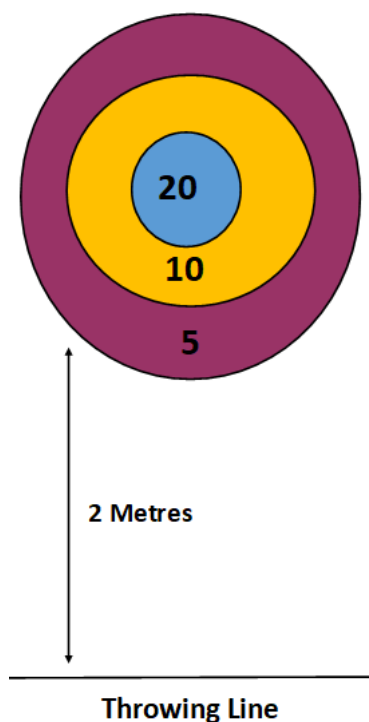


Activity 2 – Darts

Set-up instructions

- This activity is designed to challenge your ability to control pace.
- Set up a target of 3 hoops (as displayed below), with the edge of the outer hoop 2m away.
- Using 6 balls, how many points can you score?
- The inner circle is worth 20 points, the middle circle is worth 10 points and the outer circle is worth 5 points.
- The maximum score for this challenge is 120 points

Set-up Image

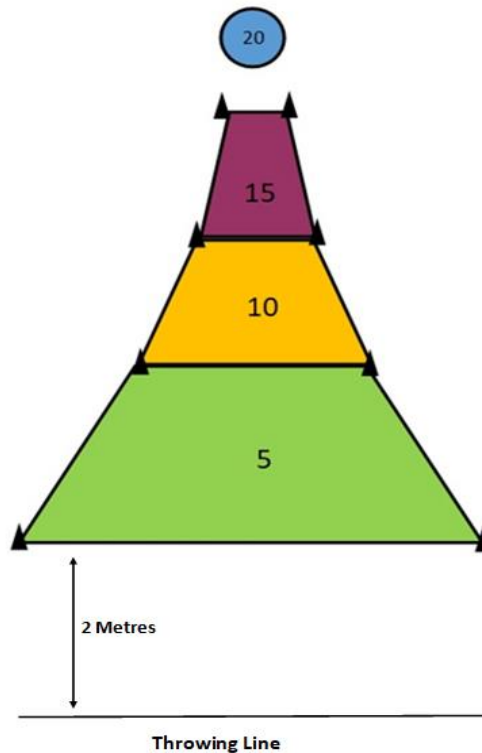


Activity 3 – Narrowing Cone Ally

Set-up instructions

- Your ability to control line and pace will be tested through this activity.
- Place 2 cones 2m away from the throwing position and 2m apart from each other. Then 1m further on, place 2 more cones at 1.5m apart from each other. 1m further on, place 2 cones 1m apart from each other. 1m further on, place 2 cones 50cm apart. Finally, at 1m from the final cones place a throwdown spot. (See picture below)
- Using 6 balls, aim to stop the ball in a zone or on the spot at the end.
- If you stop in the:
 - o First zone = 5 points, Middle zone = 10 points, End zone = 15 points, Spot = 20 points
- The maximum score for this challenge is 120 points

Set-up Image



Activity 3 – Tripod

Set-up instructions

- This challenge will test your ability to change pace
- Sitting in a central position, place a target 1.5m, 2m, and 3m away in different directions (as displayed below)
- You have 6 balls for this activity, 2 balls per target. Start at the 1.5m target and play 1 ball, your second ball is played to the 2m target and the third to the 3m target. Repeat for your final 3 balls.
- The 1.5m target is worth 5 points, 2m target = 10 points and the 3m target = 15 points
- The maximum score for this activity is 60 points

Set-up Image

