

# Boccia



## Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



**Honesty** with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to:

[www.yourschoolgames.com/sgo/mk-north/](http://www.yourschoolgames.com/sgo/mk-north/)

## Challenge 1 – Hoop Challenge

### Equipment –

- a tape measure
- bean bag / flat ball that doesn't bounce (tennis ball size)
- Cones
- 3 Hulu hoops or cones to create a circle

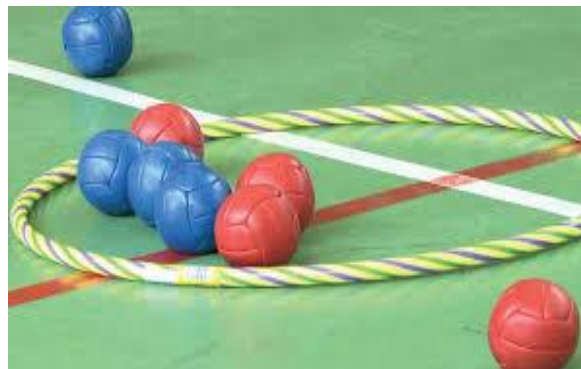


- In a space outdoors, mark out a 1m x 1m square. This is your throwing area.
- Measure 4 meters from the front of the throwing box, place the first hoop, followed by the second and third (see below diagram).
- Standing in the throwing area, throw or roll the ball / bean bag into a hoop. Calculate your total score from throwing 20 bean bags / balls.

3 points for the furthest hoop, 2 points for the middle and 1 for the nearest hoop.  
The ball / bean bag must be completely inside the hoop to score.

## Challenge 2 – Distance Boccia

- Use the same throwing area as in challenge 1.
- Place 1 hoop 4 meters away.
- You have 3 'lives'. Each time you miss the hoop you lose a life.
- Each time you hit the target / land a bean bag / stop a ball in the hoop, move the hoop away 30 cm.
- Once you run out of lives, measure total distance. This is your score for this challenge. (E.g. 5 ½ meters = 5.5 points).



**SUBMIT YOUR  
SCORE**

Take your final scores from both challenges, and add them together to get your result.

Total score = total points gained in challenge 1 + distance (in meters) in challenge 2.

Submit your **TOTAL SCORE** by the link <>

**Submit your score by 1pm on  
Friday 3 July**



**Participants** – All participants will receive an e-certificate via e-mail on completion of each challenge.

**Individuals** – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive a **£5.00 E-VOUCHER**.

**Schools** – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will a **£75.00 PE equipment voucher**.

**#STAYINWORKOUT  
#STAYHOMESTAYACTIVE  
FOLLOW. RETWEET. GET INVOLVED.**