

# Bean Bag Boccia – Three Ways to Play

## *Activity*

**Resource:** Play for All

**Division(s):** Primary Junior

**Location:** gymnasium, outdoor field, tarmac, large activity space

## What's It All About?

These versions of Bean Bag Boccia are quick to set up and require minimal equipment. They can be played in various locations and be customized for the number of participants and the available time. -Participants learn about and practise sending an object toward a target to accumulate the most points. -Each version of the activity is designed for maximum participation and inclusion for everyone in a fun and welcoming environment. They are designed so that everyone feels valued and encouraged to participate to the best of their abilities.

## Considerations

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, and meaningful participation for everyone. Encourage participants to add any variations of

their own.

## Safety

- Visually inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## Version 1: Go It Alone (individual play)

### Equipment

- Objects to send (e.g., variety of balls, discs, small rings, bean bags, rubber chickens)
- Objects to use as the pallino (target) (e.g., hula hoops, balls, floor markers, cones, pylons)

### How to Play

- Have each participant select an object to toss, roll, or kick, as well as an object for their pallino (target).
- Instruct participants to set up their pallino within the designated playing area. Participants can either place or send their pallino in a clear, open space.
- Participants guess how many times it will take for them to send their object and make contact with their pallino.
- Participants move away from their pallino to a spot within the designated playing area where they think they can be successful, and then send their object toward their pallino.
- Participants move to where their object stopped and continue to send it, progressing toward their pallino until they contact it with their object.
- Remind participants to be aware of other participants before sending their object.

- After each successful contact with their pallino, participants reset their pallino and attempt to make contact with it from their chosen starting point.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.

## Variations

- Change the starting point after each successful attempt.
- Change how they send their object.
- Change their choice of object and/or pallino.
- Increase the distance to their pallino.
- Decrease the distance to their pallino.
- Send their object from a standing, sitting, or kneeling position.
- Have participants use a ramp (e.g., folded utility mat) to send their object to their pallino.

## Version 2: Floor Marker Toss (1 to 1, pair to pair, or small group play)

### Equipment

- Objects to send; minimum 1 per participant (e.g., variety of balls, discs, small rings, bean bags, rubber chickens)
- Objects to use as the pallino (target) (e.g., hula hoops, balls, floor markers, cones, pylons)
- Pylons or cones for pairs to define their playing areas

### How to Play

- Pair up participants.
- Have pairs set up their playing area in a shape of their choice (e.g., square, rectangle, triangle) using cones, pylons, or floor lines. Support set-up as needed.

- Provide each pair with 1 object to use as their pallino (target) and 2 objects to send (e.g., disc, ball, bean bag, rubber chicken, small rings). Or, ask pairs to choose their pallino and each participant chooses their object to send.
- Participants choose how they will send their object to their pallino (e.g., toss, roll, throw, kick) while keeping their object in contact with the ground.
- Pairs choose a sending line in their playing area and place their pallino away from it. Inform participants that they can move their pallino closer or farther away from their sending line after each round.
- Pairs take turns attempting to send their object to their pallino while keeping it in contact with the ground.
- Participants are permitted to hit their pallino or their partner's object.
- Participants choose what they do at the end of each round (e.g., high five each other, award a designated number of points for the object closest to their pallino, winner is declared after winning a designated number of rounds).
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance the fun, inclusion, and participation for everyone. Encourage participants to add any variations of their own.

## Variations

- Change the sending line after each round.
- Change how they send their object.
- Change their choice of object and/or pallino.
- Send the object from a standing, sitting, or kneeling position.
- Pair up with another pair, with pairs alternating sending their object to the pallino.

## Version 3: Wall Bocce (1 to 1, pair to pair, or small group play)

### Equipment

- Object to designate a tossing line (e.g., skipping rope, floor marker, pool noodle, disc, bean bag, chalk)
- Objects to send that do not easily roll or stop; minimum 1 per participant (e.g., slightly deflated balls, bean bags, yarn or sponge balls, discs, floor markers, plastic hockey pucks)
- Wall or barrier for a target (e.g., backstop, folded mat, bench)

### How to Play

- Pair up participants.
- Have participants choose their sending object.
- Participants choose how they will send their object to their target (e.g., toss, roll, throw, kick) while keeping the object in contact with the ground.
- Have pairs agree upon and establish a sending line away from their target. Inform participants that the sending line can be changed as they play. Support set-up as needed.
- Participants face their target standing behind the sending line.
- Participants take turns sending their object toward their target, attempting to get close to their target without making contact with it.
- Participants continue to play, alternating who sends to their target first or the person closest to the target in the prior round goes first.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance the fun, inclusion, and participation for everyone. Encourage participants to add any variations of their own.

### Variations

- Change the sending line after each round.
- Change how they send their object.
- Change their choice of object.

- Send the object from a standing, sitting, or kneeling position.
- Pair up with another pair, with pairs alternating sending their object to their target.
- Pair up to create groups of four and then play against another group.