

# Beanbag Boccia

## *Activity*

**Resource:** PlaySport

**Division(s):** Primary Junior

**TGFU Category:** Target Games

**Locations:** gymnasium, multipurpose room, outdoor space (e.g., field, tarmac)

## Game/Sport Connections

Target games are activities in which players send an object toward a target while avoiding any obstacles. By playing these games, participants develop skills and tactics to play other target games or games that require the application of similar skills, concepts, and strategies (e.g., archery, bocce, bowling, croquet, curling, golf, horseshoes, shuffleboard, Snow Snake).

## Activity Overview

Participants learn about and practise sending an object toward a target to accumulate the most points.

## Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies to send objects toward a target. Note that this is not an exhaustive list and further learning opportunities may arise during the task.

## Movement Skills and Concepts

Manipulation skills and effort awareness: applying a controlled force to send an object toward the target while playing against another group (e.g., taking time when performing an underhand throw/kick, roll, or slide so a controlled force can be applied to send the object as close to the target as possible).

## Movement Strategies

- Applying appropriate skills to be proficient at hitting a target (e.g., maintaining eye contact with the target and following through in the direction of the target).
- Applying tactics that will increase chances of hitting a target with obstacles in the way (e.g., defending space by blocking with object placement to maintain advantage).

## Considerations

- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the diverse backgrounds, identities, needs, and interests of participants and maximize the fun, inclusion, participation, and success 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, meaningful participation, and success for everyone. Encourage participants to add any variations of their own.

## Equipment

- 1 object to use as the pallino (target) per group (e.g., hula hoop, ball, floor marker, cone, pylon)
- 1 object to send per participant (e.g., various sizes and texture of balls, disc, small ring, beanbag, rubber chicken)
- Pylons or cones to mark the playing areas

## Safety

- 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.

## How to Play

- Divide participants into pairs or small groups (e.g., 3 – 4).
- Have pairs/groups join another pair/group. This activity may also be structured for parallel play.
- Groups set up their designated playing area in a safe space away from others in the shape of their choice (e.g., square, rectangle, triangle) using cones, pylons, or floor lines.
- Groups select 1 object for their pallino (e.g., hula hoop, ball, floor marker, cone, pylon).
- Each participant selects an object to send (e.g., various sizes and texture of balls, disc, small ring, beanbag, rubber chicken) toward their pallino.
- Groups determine how they will send their objects toward their pallino (e.g., toss, roll, slide, or kick while keeping their object in contact with the ground). They may change their sending object and/or change how they send their object after each round of play.
- One group starts the game by sending their pallino toward the opposite end of their playing area. A participant from this group attempts to send their object as close to their pallino as possible.
- Groups take turns sending their objects toward their pallino until all participants have sent their object.
- Participants are allowed to move either their pallino or other participants' objects by making contact with them when sending their object.
- After all participants have sent their object, the group with the closest object to their pallino scores 1 point. This group also receives a point for each object that is between their pallino and the other group's closest object.
- This group then sends the pallino toward the opposite end of the playing area, starting the next round. Groups may choose not to keep score and alternate sending the pallino to start the next round.

- 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.
- Consider having groups share their variations and select another variation to try with their group.

## Video: Visual Depiction of the Activity Instructions

### [Video link](#)

## Pause for Learning

Throughout the activity, ask open-ended questions to help participants refine their movement skills, strategies, and tactical solutions. Examples include:

- Where is the optimal position to send your object in relation to the other group's objects?
- What do you have to consider when sending various objects toward your pallino?
- Describe a strategy that your group uses to be successful in the game.
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

## Variations

- Use a larger target (e.g., hula hoop) and award points if the object is close to the hula hoop, on the hula hoop, and in the hula hoop.
- Use a ramp to send the object (e.g., a mat leaned up against a pylon).
- Participants use their non-dominant hand or non-dominant foot to send the object.
- Participants send the object from a standing, sitting, or kneeling position.
- Use a wall or barrier as a target (e.g., backstop, folded mat, bench). Groups establish a sending line and attempt to get their objects closest to the target without making contact with it.