

Kestrel PE Week 1

Boccia

Aim – to develop aiming skills and accuracy

Warm up – Sherborne activity to stimulate the body and mind and develop body awareness and motor skills.

Greeting: rub opposite shoulders, aeroplane (arms straight out to the side and rock side to side), tap 1,2,3 on head and call name.

Self – slide hands down legs with good pressure and wiggle toes, windscreen wiper feet, in and out feet, pointy toes forward, pointy toes up toes. Spin around whilst sitting.



Core – Make a bridge make a table

Sit on the floor and put your arms out to the side. Curl your hands into fists. Curl up your legs, pull your legs up tight with your arms. Slowly unfurl everything, stretch out wide and then quickly curl up again.



Rock on you back

Share: Sit back to back, lean sideways, forwards and backwards. Face one another and hold hands, row back and forth.

Main: Aiming. What is aiming? Aiming is to direct at a target.

How do we aim: keep looking at the target, move into a position so you can roll straight, roll using a straight arm as much as possible.

Activity 1: set up a target of plastic bottles. Using a small ball (or pair of socks or rolled up paper) roll at the 'skittles' keeping a score.

Activity 2: use a dustbin to throw your ball into, increase distance with each three successful throws.

Activity 3: play a game of giant marbles – a. set up a circle of string and try to knock other balls out of the circle (you can use pairs of socks or rolled up paper, or even marbles). B. set up a group of balls together and try to knock them over. C. similar to Boccia, see how close you can get your ball to a jack.

<https://www.bing.com/videos/search?q=basic+boccia&&view=detail&mid=DC3D7985383D6EE48703DC3D7985383D6EE48703&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dbasic%2Bboccia%26FORM%3DHDRSC4>

Cool down: talk about what you have achieved today and what was good about what you achieved.

Kestrel PE Week 2

Boccia

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Rock on you back

Share: Sit back to back, lean sideways, forwards and backwards. Face one another and hold hands, row back and forth.

Main:

Aim: to understand pace and power.

1. Place a circle of string/shoe lace or something circular at one end of the room. Throw a ball/sock/rolled up paper and try to get it into the circle. After three successes take a step back and try again.
2. Mark out three lines about half a meter apart. Stand as far away as you can and try to get the ball/sock/rolled up paper to land between the lines. Talk about increasing the power of the throw to get it between the furthest line.
3. Place some plastic bottles at various distances and see how much more power you need to try to hit the furthest than the closest.

Tidy up time and talk about what power was used.