

STAY ACTIVE RESOURCE CARD

Boccia Target Games

SEATED
TARGET GAMES

Other Stay Active Cards available
Contact email@dsni.co.uk



USE BOCCIA BALLS, A RANGE OF SMALL BALLS, ROLLED UP SOCKS OR TIN FOIL FOR ALL GAMES. USE A RAMP/ASSISTIVE DEVICE IF NEEDED.

1

Target Throw

KEY POINTS:

- Set up a target area - A4 page, taped box
- Throw/Roll ball, aiming to land in the target area

• **TIP:** Increase distance to make it more challenging and/or place target on wall to practice different throws



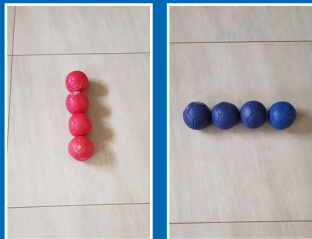
2

All In a Row

KEY POINTS:

- Throw/Roll first ball
- Throw/Roll remaining balls, aiming to get them all in a row
- Try horizontal and vertical

• **TIP:** Increase distance to make it more challenging

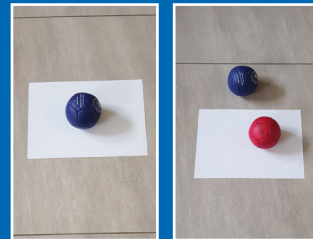


3

It's a Knock Out

KEY POINTS:

- Set up a target area - A4 page, taped box - and place some balls inside
- Throw/Roll ball to knock the other balls out of target area



4

Around the Clock

KEY POINTS:

- Place 12 targets on the floor like a clock face. Use A4 pages, newspaper, tape
- Throw/Roll ball to each hour in order

• **TIP:** Make it competitive by playing against someone. First round the clock wins

