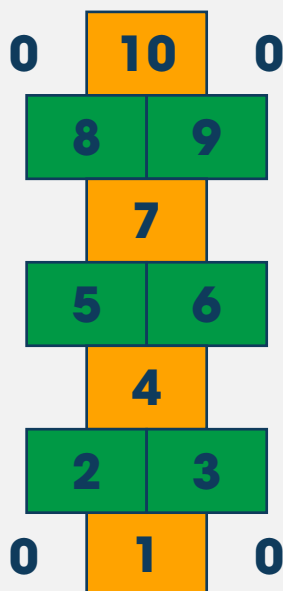


Virtually Boccia - Round 1

Activity 1 - Hopscotch

SET-UP IMAGE

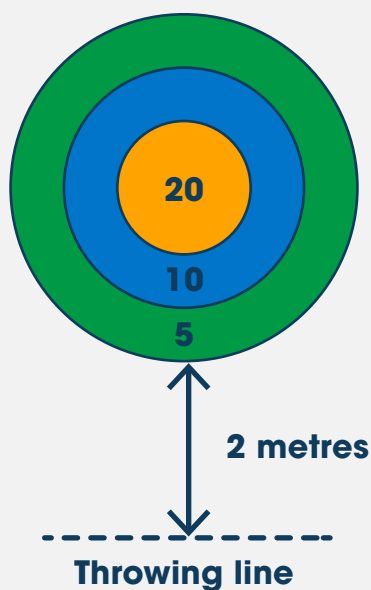


SET-UP INSTRUCTIONS

- This activity is designed to test pace control and accuracy.
- Set up a hopscotch grid (see set-up image) with A4 paper. The first number around 1m from your throwing position.
- Using 6 balls, the aim is to get your ball to stop on one of the numbered pieces of paper.
- Your score will correspond to the number on the target.
- You can have a maximum of 1 ball per target.
- A second ball on a target will score 0, a ball not on a target will score 0.
- **Maximum** possible score for this game is **45 points**.

Activity 2 - Darts

SET-UP IMAGE



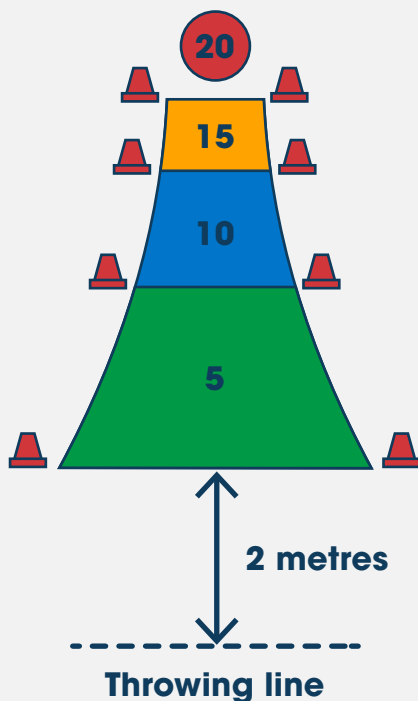
SET-UP INSTRUCTIONS

- This activity is designed to challenge your ability to control pace.
- Set up a target of 3 hoops (see set-up image), with the edge of the outer hoop 2m away.
- Using 6 balls, how many points can you score?
- The inner circle is worth 20 points, the middle circle is worth 10 points and the outer circle is worth 5 points.
- The **maximum** score for this challenge is **120 points**.

Virtually Boccia - Round 1

Activity 3 - Narrowing Cone Ally

SET-UP IMAGE

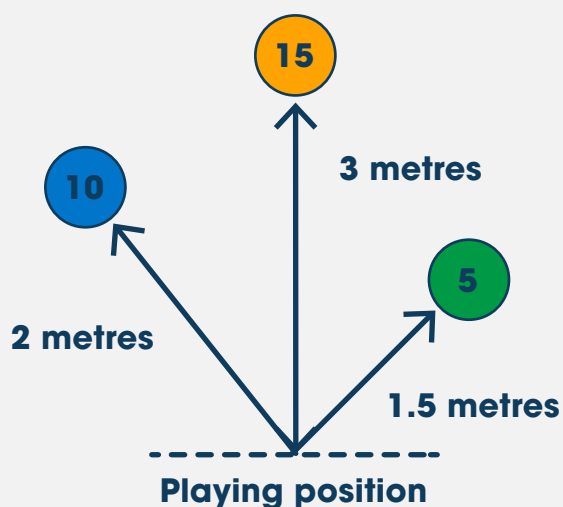


SET-UP INSTRUCTIONS

- Your ability to control line and pace will be tested through this activity.
- Place 2 cones 2m away from the throwing position and 2m apart from each other.
- Then 1m further on, place 2 more cones at 1.5m apart from each other. 1m further on, place 2 cones 1m apart from each other. 1m further on, place 2 cones 50cm apart. Finally, at 1m from the final cones place a throwdown spot. (See set-up image).
- Using 6 balls, aim to stop the ball in a zone or on the spot at the end.
- If you stop in the: *green zone = 5 points, blue zone = 10 points, yellow zone = 15 points, end circle = 20 points.*
- The **maximum** score for this challenge is **120 points**.

Activity 4 - Tripod

SET-UP IMAGE



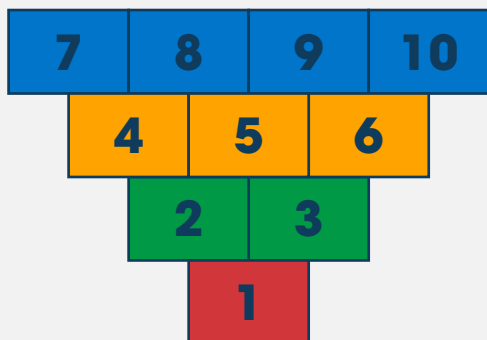
SET-UP INSTRUCTIONS

- This challenge will test your ability to change pace.
- Sitting in a central position, place a target 1.5m, 2m, and 3m away in different directions (See set-up image).
- You have 6 balls for this activity, 2 balls per target. Start at the playing position and play a ball to the 1.5m target, your second ball is played to the 2m target and the third to the 3m target. Repeat for your final 3 balls.
- The 1.5m target is worth 5 points, 2m target = 10 points and the 3m target = 15 points.
- The **maximum** score for this activity is **60 points**.

Virtually Boccia - Round 2

Activity 1 - Skittles

SET-UP IMAGE

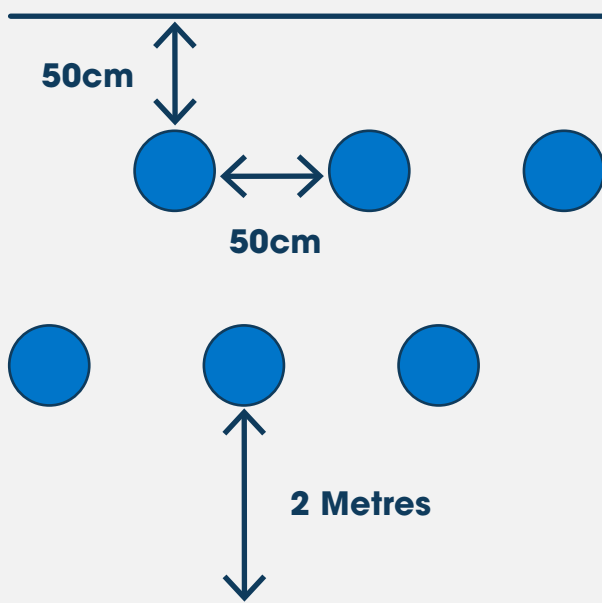


SET-UP INSTRUCTIONS

- This activity is designed to test accuracy.
- Set up your skittles in the style of 10 pin bowling.
- Each pin is worth a different value (See set-up image for scores).
- You have 5 balls to complete this challenge.
- If you have knocked down all of the pins and still have balls remaining, award yourself 20 points per ball remaining.
- The **maximum** score for this challenge is **135 points**.

Activity 2 - Knock and Stop

SET-UP IMAGE



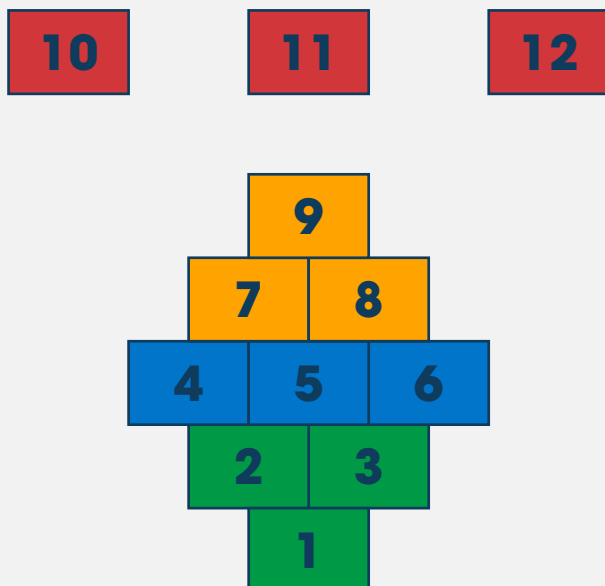
SET-UP INSTRUCTIONS

- This activity is designed to challenge your accuracy and ability to control pace.
- You have 6 balls for this challenge.
- Starting 2m away from where you are throwing the ball. Set up 6 skittles in 2 lines (3 skittles per line) 50 cm apart (See set-up image).
- Mark a line 50cm back from the second line of skittles.
- Play the balls to knock down the skittles. You get 10 points per skittle knock down.
- If when you knock down your skittle, the ball does not go past the back line, award yourself 10 bonus points.
- The **maximum** score for this challenge is **120 points**.

Virtually Boccia – Round 2

Activity 3 – Pack of Cards

SET-UP IMAGE

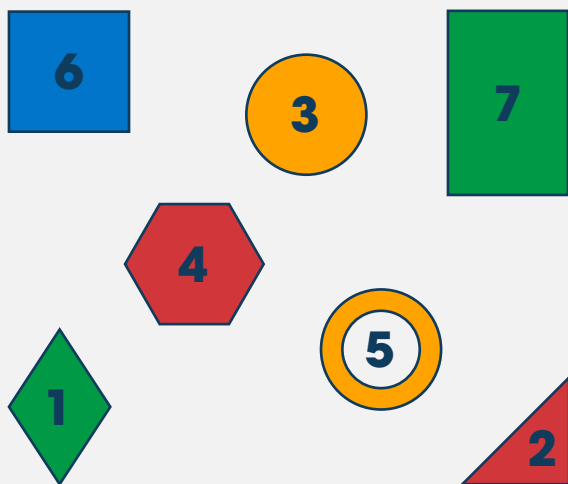


SET-UP INSTRUCTIONS

- Your ability to control line and pace will be tested through this activity.
- Create 2 sets of cards, each set numbered 1—12.
- Lay out one set of cards, as shown below, 2m away from you.
- Shuffle the 2nd set of cards.
- Deal one card at a time.
- Aim to land or hit the corresponding numbered card— if you deal a '2' aim for card '2' and so on.
- If you hit or land on the card you are aiming for, you score the number of points on that card.
- The **maximum** score for this challenge is **78 points**.

Activity 4 – Random Targets

SET-UP IMAGE



SET-UP INSTRUCTIONS

- This challenge will test your ability to change line and pace.
- Find 7 objects of a random size and random shape.
- You have 7 balls for this challenge. the aim is to land on each target and each target is worth 10 points.
- You can aim for the targets in any order, but you can only score on each target once.
- If you are able to land on 5/7 targets, award yourself 5 bonus points, if you are able to land on 6/7 targets award yourself 10 bonus points and if you are able to land on all 7 targets award yourself 20 bonus points.
- The **maximum** score for this activity is **90 points**.