



## Physical Activity Lesson Plan-Beanbag Bocce

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

This is a version of bocce ball that students can play in any open space. This game works best in an area with a flat surface, but could be played in grass if needed.

**Group Size:** 20-30

**Location:** Gym

**Estimate Time for Lesson:** 30 minutes

**Estimated Time for Planning:** 15 minutes

- Subject(s) Check all that apply:
  - Healthy Eating and Physical Activity (HEPA)

#### Other:

- Grade(s) Check all that apply:
  - Kindergarten
  - 1
  - 2
  - 3
  - 4
  - 5

#### Materials/Resources Needed:

9 Beanbags per group (4 of one color, 4 of another color, 1 different color than the team bags)

4 Cones per group

#### Lesson Objective #1:

To understand the rules and scoring of bocce ball.

#### Lesson Objective #2:

To focus on proper tossing technique and accuracy.

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Ask students if they have ever heard of bocce ball and if they have ever played it. Explain it is typically played in back yards, on the beach, or on bocce ball courts.

#### Instructions:

RULES:

1. Divide your class into teams of four.

2. Give each team a set of 4 identical beanbags (same color; 1 for each player) and a different color beanbag which will be the pallino- the beanbag they try to throw closest to.
3. Teams Rock-Paper-Scissors to see who throws first.
4. The starting team throws the pallino beanbag.
5. The first player from that team throws their beanbag trying to get it as close to the pallino as possible.
6. The second team's first player throws and the teams continue to alternate throwing until all eight players have thrown their beanbag.
7. The team who threw the closest beanbag to the pallino wins a point.
8. If that same team also threw the second closest beanbag to the pallino, then they win a second point (and so on for up to a max. of four points).
9. Only one team can score points per round.
10. Players then collect their beanbags and the pallino, and the team who did not score that round gets to start the second round.
11. Play short games to 7 and have teams play a best-of-three series before moving on to a new opponent.

#### ROUND 1: Throwing for Accuracy

1. Set up a square playing area and place the pallino in the middle of that area. One team will stand on one side of the square, the other team will be on the opposite side facing each other.
2. Teams alternate taking turns trying to throw their beanbags as close to the pallino. Teams may not enter the playing area until all 8 have thrown.

#### ROUND 2: Throwing for Distance

1. Play the full version of the game. Teams will both throw from the same location. Move the cones so they are in a straight line out from the starting point. Place one cone 5 feet away, second cone 10 feet away, third cone 15 feet away, the fourth cone will mark the starting line for both teams.
2. Instead of a pallino, the three cones will represent the pallino. Teams play with the cone that is five feet away in round one, ten feet away in round two, and fifteen feet away in round three. Scoring is the same.

\*\*For less confusion, play only round 1 and rotate teams. Then if time, show students round 2, and allow them to play and rotate only playing the round 2 version.

#### Checking for Understanding:

Roam around and observe teams to make sure they are following rules and understanding the game.

## Lesson Adaptations

#### Time Adaptations:

After teams play best out of 3, rotate them so they can play both rounds with other teams. Keep rotating as long as time allows.

To shorten, just play either round 1 or round 2. Rotate teams to play other teams, but only do 1 version of the game.

#### Location Adaptations:

This can be played inside or outside. A smooth surface will allow the beanbags to slide, whereas in grass they will have to land it closer, not expecting much slide.

#### Age Adaptations:

K-1: Pick one version (round) and just let them play that way as they rotate to play other teams.

## Learning Style Adaptations

**Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students:**