SPORTS ABILITY
Boccia

Boccia

Boccia (pronounced 'botch-ya') is a target game with similar rules to Bocce or Lawn Bowls. Boccia is a Paralympic sport.

Learning Intention
To practice and refine accuracy of rolling or throwing a ball towards a target.

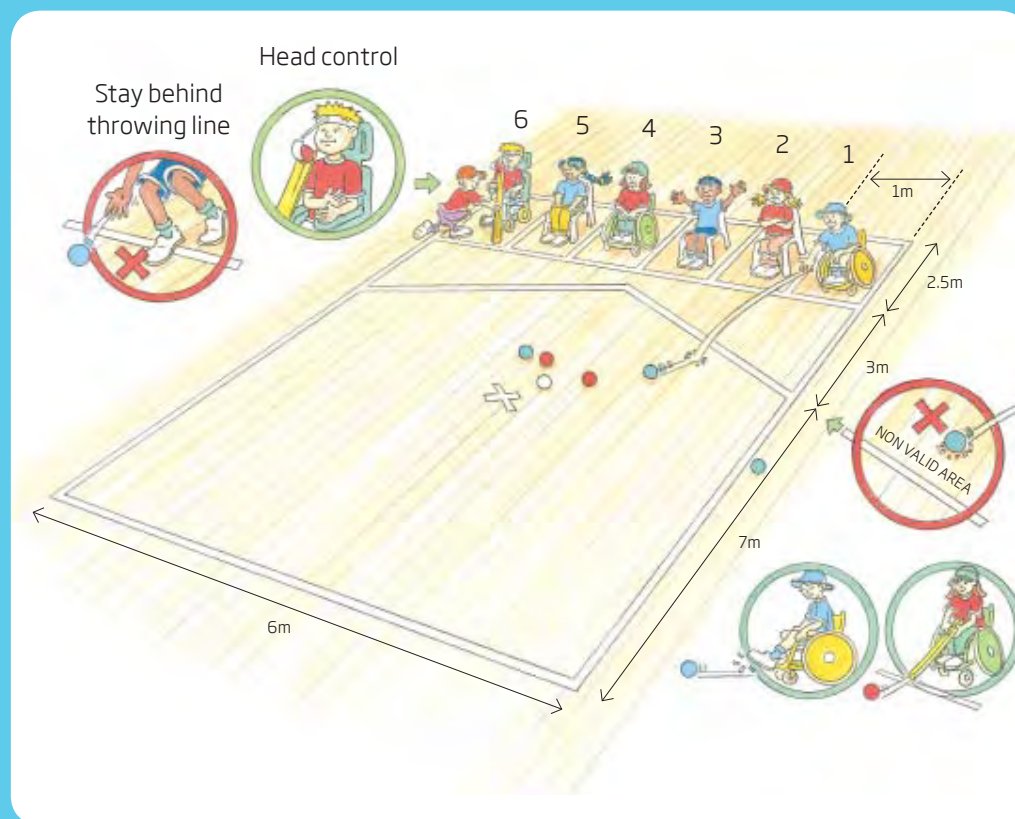## Skill Focus
Throwing, rolling, shot placement

What you need
- Boccia balls or alternatives (see Equipment)
- Suitable indoor or outdoor playing area

What to do
- Divide players into teams of 2-3 or play individually. All players should be seated.
- Players can roll or throw the ball, propel it with their feet, or roll down a ball-sending ramp (assistive device).
- Team colours are usually red or blue. The side playing red 'throws' the first jack and it must land in the valid area of the court.
- Players propel two balls each which correspond to their team colour.
- Aim to score as many points as possible by getting as many of your own Boccia balls closer to the jack (or target ball) than your opponent.

Stay behind throwing line

Head control

6 5 4 3 2 1

1m

2.5m

3m

NON VALID AREA

7m

6m

F - 2   3 - 4   5 - 6   7 - 8

SPORTS ABILITY

Boccia

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage players to try different ways to propel the ball:
  - rolling the ball
  - underarm throw
  - overarm throw.
- Think of ways players can improve their aim:
  - aim in front of the target and let the ball roll in
  - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- If the jack is thrown or knocked out of court it is replaced on the cross and play continues.
- If 2 or more balls are equally close to the jack at the finish of an end they each score 1 point.
- If scores are level after 6 ends, a tie-breaker (extra end) is played. The jack ball is placed on the cross and sides toss a coin to determine the order of play.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Items such as 'plastic guttering' can be used as a ball-sending ramp.

Environment

- Adjust the playing area and distances to make the game easier or harder.
- The illustration shows recommended court dimensions but Boccia can be played on any suitable sized area.
- The cross is marked 5 metres from the mid point of the back line.
- The apex of the non-valid line is marked 1.5m from the mid point of the throwing line.
- Players boxes are 1m wide.

Safety

- No one enters the target area during play.
- Throwing is confined to the designated area.

Ask the players

- What technique is most effective in getting closest to the jack?
- How can you make it difficult for your opponents to get closer to the jack than you?

Target Boccia

A basic target game that encourages different styles of shots to reach a target.

Learning Intention
To create targets that challenge opponents to try different types of shots to get closest to the target.

## Skill Focus
Throwing, rolling, shot placement

What you need
- Boccia balls or alternatives (see Equipment)
- Variety of targets e.g. hoops, skittles, marks on the floor/ground
- Suitable indoor or outdoor playing area

What to do
- Divide players into pairs or small groups.
- All players should be seated.
- Each pair or group uses the equipment or objects available to design and make their own target.
- When targets are made, players agree a distance from the throwing line to the target.
- Players score points by throwing or propelling their balls to get closest to the target.
- Keep a record of the best score at each target.
- Combine all the targets into a 'course'.
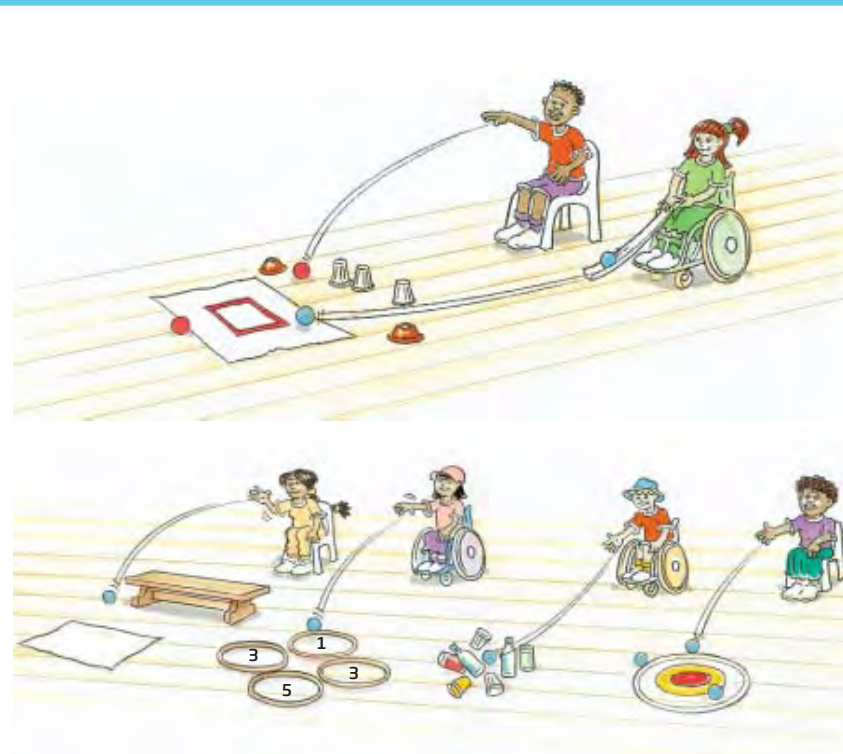
SPORTS ABILITY

Target Boccia

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage players to try different styles of propelling the ball:
  - rolling the ball
  - underarm throw
  - overarm throw.
- Think of ways in which players can improve their aim:
  - aim in front of the target and let the ball roll in
  - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules
- Work with the players to agree rules for each target.
- Agree scoring systems e.g. highest score wins with points allocated to each target or lowest score wins, as in golf.

Equipment
- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Use any safe materials that may be available to create targets, e.g. mats, chairs, boxes or buckets.
- Use benches, boards or other objects to 'channel' the balls towards the target.

Environment
- Increase or decrease the distance between the targets and the players.
- Ensure targets provide options for different types of players, e.g. those who are rolling the ball and those who are throwing.

Safety
- No one enters the target area during play.
- Ensure players know who is throwing next.
- If possible, play towards a wall or away from other players.
- Leave space between each target to move around safely.

Ask the players
- Where should you aim the ball to get as close as possible to the target?
- How can you position your shots to make it easier for your balls to get close to the target?
- How can targets be changed to challenge the players to:
  - throw the ball high?
  - roll the ball along the floor?

SPORTS ABILITY
Boccia

Choose the Target

A game to develop accuracy and game strategies.

Learning Intention
To refine shot placement and accuracy and to develop and practice team strategy for scoring the highest points.

Skill Focus
Throwing, rolling, shot placement

What you need
- Boccia balls or alternatives (see Equipment)
- Variety of targets e.g. hoops, skittles, marks on the floor/ground
- Suitable indoor or outdoor playing space

What to do
- Divide players into two equal teams.
- All players should be seated.
- Teams sit at one end of the playing area.
- Targets are placed at a suitable distance, one for each team.
- Players aim at their own colour target area (score 1 point for each ball in the target) or they can choose to aim at the other team's target and knock their opponent's balls out.
- After everyone has thrown, add up the scores.
- Play to an agreed number of throws, or use a time limit.
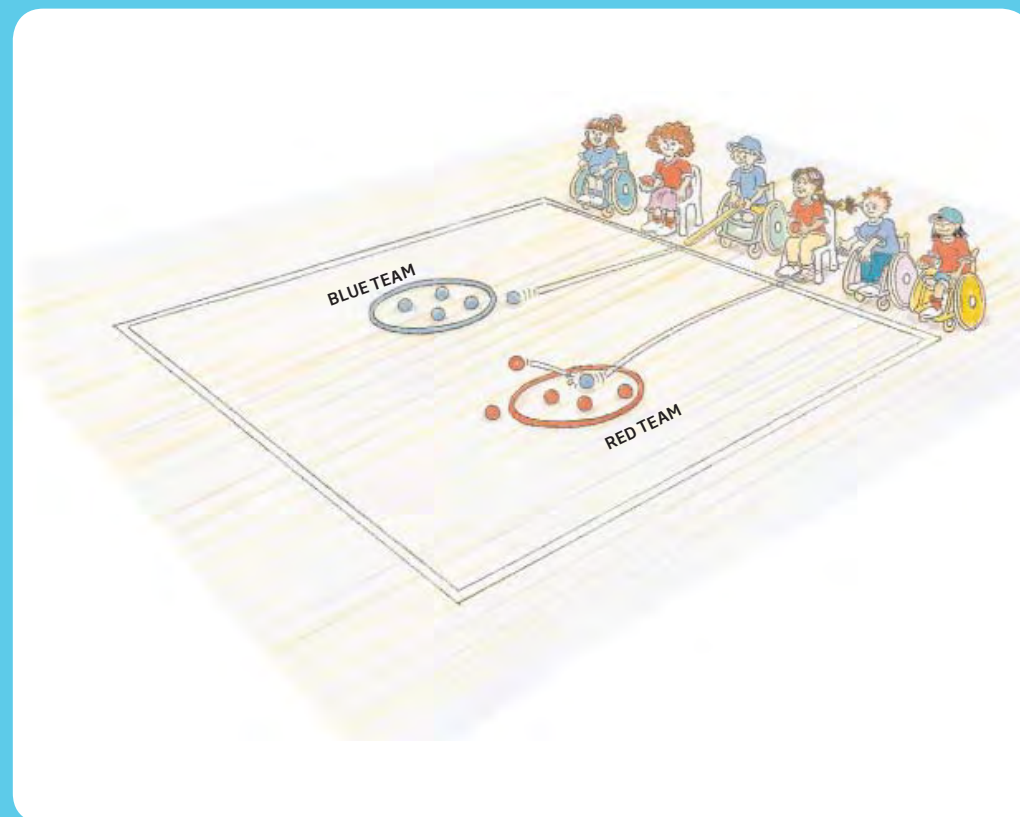
BLUE TEAM

RED TEAM

Curriculum links
ACPMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2   3 - 4   5 - 6   7 - 8

SPORTS ABILITY

Choose the Target

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage players to try different styles of propelling the ball:
  - rolling the ball
  - underarm throw
  - overarm throw.
- Think of ways in which players can improve their aim:
  - aim in front of the target and let the ball roll in
  - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules
- Introduce rules gradually, e.g. players aim only at their own hoop at first.
- Designate certain players as 'strikers', only they can attack the opposing team's target. Alternate strikers every game.

Equipment
- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- If possible use different coloured targets – ideally, red for the team with red Boccia balls, blue for the opposition team.
- Experiment with different types of targets, e.g. elevate the target area to change the angle of the throw.
- Use obstacles e.g. for every successful scoring throw, the other team can place an obstacle in front of the opposing team's target.

Environment
- Change the distance of the targets, e.g. near or far.
- Change the size of the targets, e.g. bigger or smaller.
- Vary player positions:
  - players form a circle around the targets, with players standing alternately
  - teams face each other with the targets between them.

Safety
- No one enters the target area during play.
- Ensure players know who is throwing next.
- If using a circle formation ensure all players are watching play in case a shot is misdirected across the circle.

Ask the players
- What strategies can your team use to score the most points?
- How can you make it more difficult for your opponents to score points?

SPORTS ABILITY
Boccia

Learning Intention
To refine shot placement and accuracy and to develop strategies for working as a team to create high scoring opportunities.

Skill Focus
Throwing, rolling, shot placement

What you need
- Boccia balls or alternatives (see Equipment)
- Boccia court, or tape or chalk to mark out target
- Suitable indoor or outdoor playing space

What to do
- Divide players into two teams of 2 or 3 players.
- All players should be seated.
- Players are given two Boccia balls each.
- Each player in Team A takes turns from the throwing line until all their balls have been thrown.
- When Team A has finished, scores are added up (1 point for each ball static in a square).
- Team B then throw in turn, trying to beat Team A's score.
- Balls on the line are given the highest score.
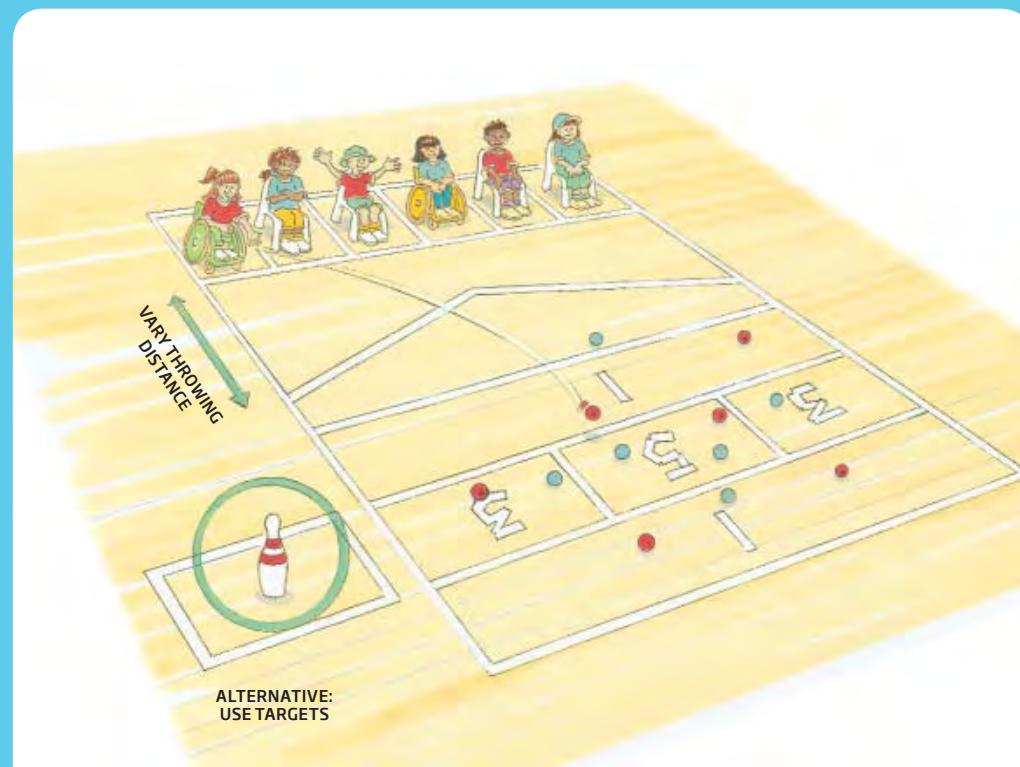
VARY THROWING DISTANCE

ALTERNATIVE: USE TARGETS

SPORTS ABILITY

Boccia 5-3-1

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage teams to find ways of working together to improve their score. For example, identifying strengths of each player. Some can aim at the furthest target, others the nearest, those who are very accurate can aim for the highest score target.

Rules
- Play alternately e.g. teams can choose to score or knock their opponent's balls out of a scoring position.
- Vary the scoring system, e.g. a score in the same box as the preceding player doubles the score.
- Agree on the number of rounds to be played.

Equipment
- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Place a corresponding number of skittles or plastic bottles in each target box to increase the difficulty.
- Use larger or smaller balls to make hitting the target easier or harder.

Environment
- Increase or decrease the distance between the players and target. For example:
  - move the throwing line closer or further
  - players of different abilities throw from different distances.
- Vary the size of the targets e.g. smaller boxes will increase the challenge.

Safety
- No one enters the target area during play.
- Ensure players know who is throwing next.

Ask the players
- How can your team make it difficult for the other team to score?
- Is it best to choose a target with the lower or higher points? Why?
- When should you to try and knock your opponent's ball out of a scoring position rather than score points with your shot?

SPORTS ABILITY
Boccia

Noughts and Crosses

A target game to develop shot accuracy and team tactics.

Learning Intention
To refine accuracy of shots at targets from different distances and develop strategies for scoring as a team.

Skill Focus
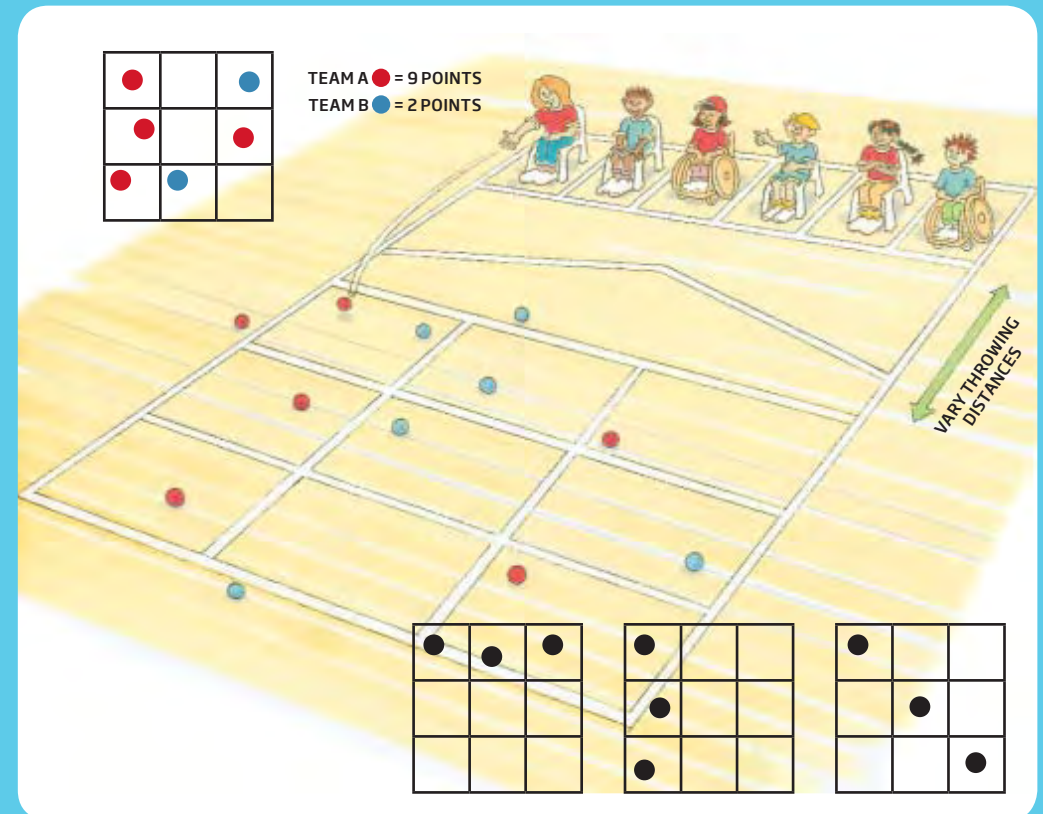Throwing, rolling, shot placement

What you need
- Boccia balls or alternatives (see Equipment)
- Tape or chalk to mark a playing area
- Suitable indoor or outdoor playing space

What to do
- Aim is to place 3 balls across, down or diagonally as in the game Noughts and Crosses.
- Divide into two teams of 2-3 players (6 balls per team) who take turns throwing.
- All players should be seated.
- Balls that do not reach or come to rest in occupied squares are 'foul balls' and removed from the area.
- Players wanting to 'take over' a square occupied by the opposition must nominate the square prior to taking a shot. If the ball does not land in the nominated square it does not count and is removed.
- After all balls have been played scores are added up.
- One point for each occupied square, plus 5 points for three in a row. When one team achieves a winning line the 'end' is over.

TEAM A ● = 9 POINTS
TEAM B ● = 2 POINTS

VARY THROWING DISTANCES

SPORTS ABILITY

Noughts and Crosses

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage teams to discuss tactics both at the start and during a game.
- Encourage sportsmanship. For example, if a ball lands on a line, players should agree in which box the ball should be placed.

Rules
- Modifying rules to suit different abilities, e.g. some players can have more attempts (balls to use).
- Give teams the choice of either throwing to score or to knock opposing balls out of scoring boxes.

Equipment
- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Use beanbags or non-bouncing/rolling objects to make it easier to score points.
- To increase the challenge place skittles in each square. If a skittle is knocked over, the scoring ball is placed in the square and the skittle removed.

Environment
- Increase or decrease the box sizes.
- Place the throwing line closer or further from the target boxes.
- Players can play from different positions, for example, teams at opposite sides of the target boxes.

Safety
- No one enters the target area during play.

Ask the players
- How can you cooperate to ensure you do not block your teammates?
- How do you decide which box to aim for?
- What do you need to think about when you choose the box you are going to aim for?

SPORTS ABILITY
Polybat

Classic Polybat

A table-top bat and ball game to develop striking and defending skills.

Learning Intention
To practice striking and returning shots along the table top with a partner.

Skill Focus
Defending, shot placement, striking

What you need
- Polybat bats and balls or alternatives (see Equipment)
- Table Tennis table or any large table (see Equipment)
- Attach rebound sides to the tables using materials such as wood or cardboard

What to do
- Aim is to hit the ball over the opponent's end of the table, or cause them to play a fault by lifting the ball off the table surface.
- Played as singles or doubles.
- Each player has 5 serves. Serve then goes to another player (or rotates alternately for doubles).
- First to 11 points wins.
- Play begins with the server playing the ball off any side. Strokes can then be played directly or off the side.
- Players can touch the ball more than once with the bat before returning it to their opponent's end.
- Polybat is suitable for players who have arm, balance, or coordination impairments for whom table tennis may not be possible. It can also be used to introduce Table Tennis to younger children.

GLOVE BAT

1 POINT

END REBOUND SIDES CAN BE USED

Curriculum links
ACPMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2   3 - 4   5 - 6   7 - 8

SPORTS ABILITY

Classic Polybat

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- To improve technique or anticipation of the ball movement:
  - encourage players to keep the bat steady and in front of their body
  - rest the bat on the table surface if necessary to provide more stability
  - encourage players to watch the speed and direction of the ball. Practice this by rolling the ball from different angles.

Rules
- Play first to 11 or 21 points with or without a two-point advantage.
- Modify the multiple touch rule for players of different abilities.
- Allow players to serve directly to their opponent.

Equipment
- If polybats are not available use any small flat-edged bat. Plastic or wooden rulers may also be used.
- A number of smaller tables can be pushed together and taped to smooth the joins to create a large table.
- Larger wiffle balls can be used before progressing to a standard Polybat ball.

Environment
- Reduce the width of the end line by adding shorter sides to the table to cater for different abilities, or if two players play against one.

Safety
- Ensure the lower limbs of wheelchair users do not rub against the table.
- Avoid striking the sides with the bat.
- Ensure rebound sides are correctly clipped or taped onto the table.

Ask the players
- How can you change the angle of the bat to keep the ball on the table?
- What action is better to use to improve control of the ball?
- Where should you aim to try and score points against your opponent?

![Australian Government / Australian Sports Commission crest]

SPORTS ABILITY
Polybat

Poly Skill Skittles

A challenging version of Polybat to develop accuracy in forehand and backhand shots.

Learning Intention
To practice striking and returning shots with accuracy along the table top with a partner.

Skill Focus
Defending, shot placement, striking

What you need
- Polybat bats and balls or alternatives (see Equipment)
- Table tennis table or any large table (see Equipment)
- Attach rebound sides to the table using materials such as wood or cardboard
- Skittles, small plastic bottles or plastic cups

What to do
- Place two skittles halfway down the table, evenly spaced between the rebound sides.
- Aim is to hit the ball over the opponent's end of the table, or cause them to play a fault by lifting the ball off the table surface or knocking over one of the skittles.
- Play as singles or doubles.
- Each player has 5 serves. Serve then goes to another player (or rotates alternately for doubles).
- First to 11 points wins.
- Play begins with the server playing the ball off any side.
- Players can touch the ball more than once with the bat before returning it to their opponent's end.
- Players must avoid knocking the skittles over as this results in a point to the opposition. The skittle is then replaced for the next serve.
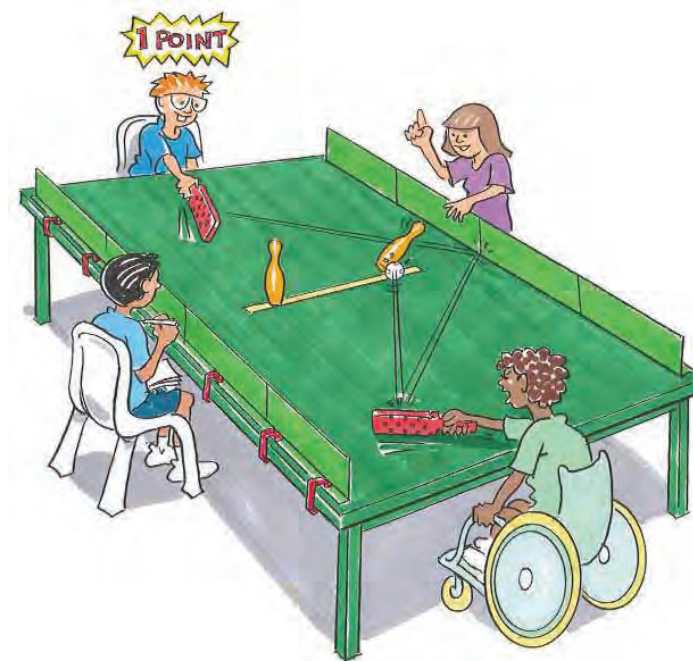
SPORTS ABILITY

Poly Skill Skittles

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- To improve technique or anticipation of the ball's movement:
  - encourage players to keep the bat steady and in front of the body
  - rest the bat on the table surface if necessary to provide more stability
  - encourage players to watch the speed and direction of the ball.

Rules
- Play first to 11 or 21 points with or without a two-point advantage.
- Modify the multiple touch rule for players of different abilities.
- Allow some players to serve directly to their opponent.

Equipment
- If polybats are not available, use any small flat-edged play bat. Plastic or wooden rulers may also be used.
- A number of smaller tables can be pushed together. Tape can be used to smooth the joins.
- Larger wiffle balls can be used before progressing to a standard Polybat ball.

Environment
- Reduce the width of the end line by adding shorter rebound sides to the table to cater for different abilities, or if two players play against one.

Safety
- Ensure the lower limbs of wheelchair users do not rub against the table.
- Avoid striking the sides with the bat.
- Ensure rebound sides are correctly clipped or taped onto the table.

Ask the players
- How can you change the angle of the bat to keep the ball on the table surface?
- What action is better to use in order to get better control of the ball?
- Where should you aim to try and score points against your opponent?

Polybat Variations

Variations of Polybat that develop skills that support Polybat and other racquet activities.

Learning Intention
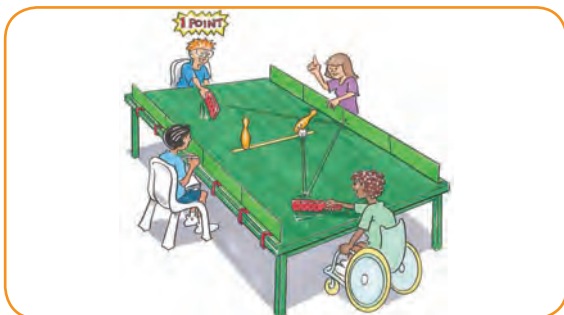To practice striking shots with accuracy along the table top.

Skill Focus
Shot placement, striking
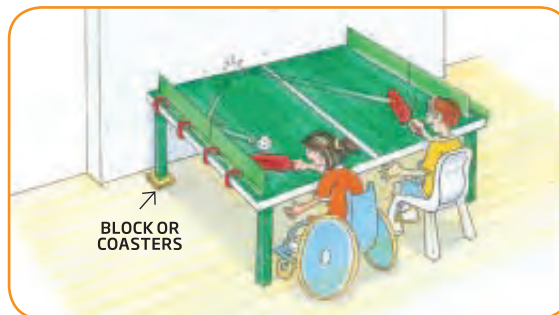
Polyskittles

What you need
- Polybat bats and balls (or alternatives)
- Rebound sides (or similar)
- Skittle, small plastic bottles or plastic cups

What to do
- Aim is to knock down as many skittles as possible using 5 balls in succession.

### Polysquash

BLOCK OR COASTERS

What you need
- Polybat bats and balls (or alternatives)
- Rebound sides (or similar)

What to do
- Push a table against a wall. Players sit next to each other. Mark a dividing line up the centre of table if necessary.
- Players hit alternatively off the wall or sides.
- Players score by hitting the ball over the end of the table on their opponent's side.

Octopoly
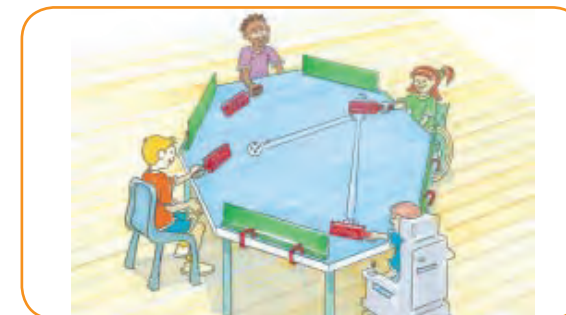
What you need
- Polybat bats and balls (or alternatives)
- Rebound sides (or similar)

What to do
- Use a multi-sided table to include more players.
- Play individually or in teams.
- Agree on a winning score.

SPORTS ABILITY

Polybat Variations

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

Polyskittles
- Encourage players to keep score or allocate a scorer.

Polysquash
- Use Polysquash to explain about the game of squash.

Octopoly
- Discuss with players how they would like to play.

Rules

Polyskittles
- Remove or leave skittles that have been knocked over.

Polysquash
- Allow multiple hits for players of different abilities.

Octopoly
- Players can score through any other player's 'goal'.

Equipment

Polyskittles
- Use different types of targets e.g. plastic cups, light balls.

Polysquash
- Slightly raise the end of the table nearest the wall to assist the ball to roll back towards the players e.g. use coasters.

Octopoly
- Use balls that move at different speeds.

Environment

Polyskittles
- Space the skittles out to challenge players.

Polysquash
- Use narrower tables or play individually initially.

Octopoly
- Increase or decrease the goal size.

Safety
- Emphasise playing with control, without swinging the bat in the air. This is particularly important if playing near other players.

Ask the players
- How can you work as a team to score more points?
- What techniques did you use to score points?
- What action is best to use to make a more accurate shot?
- Where did you aim to knock over the most skittles on your first shot in Polyskittles?

Goalball

Goalball is a three-a-side indoor court game developed for players who have vision impairments. Goalball is a Paralympic sport.

Learning Intention
To attack and defend effectively as a team through cooperation and teamwork.

Skill Focus
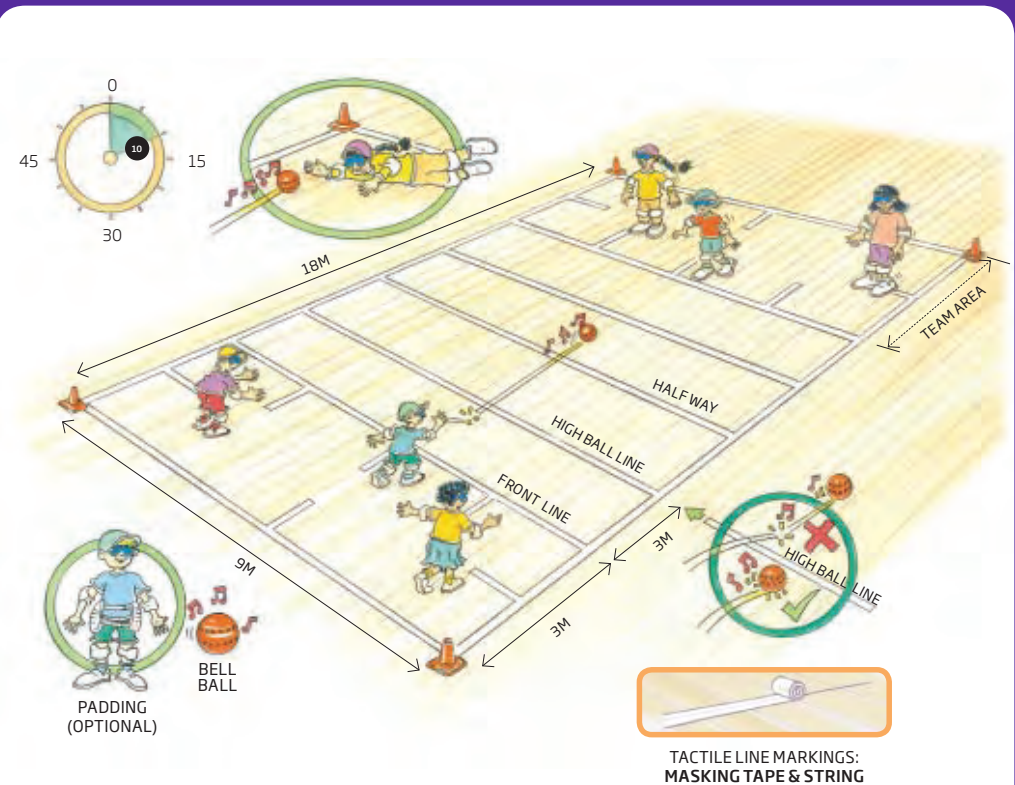Defending, rolling, throwing, shot placement

What you need
- Suitable indoor playing area, a volleyball court is ideal
- Goalball (ball with internal balls) or alternative (see Equipment)
- Eyeshades or blindfolds
- Marking tape and string

What to do
- Aim is to score a goal by throwing the ball along the floor so that it crosses the goal line of the opposing team.
- 3 features that distinguish goalball from games played by sighted people:
  - ball contains an internal bell that assists players locate it during play
  - the playing area has tactile markings to assist players determine where they are on the court
  - players wear eyeshades which makes it possible for everyone to play equally.

TEAM AREA

18M

HALF WAY

HIGH BALL LINE

FRONT LINE

HIGH BALL LINE

9M

3M

3M

PADDING (OPTIONAL)

BELL BALL

TACTILE LINE MARKINGS:
MASKING TAPE & STRING

F - 2   3 - 4   5 - 6   7 - 8

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Use a whistle or voice to let the players know what is going on.
- For beginners, play without eyeshades initially.
- Hearing or mobility impaired players can play without eyeshades and defend a specific area.

Rules
- Ball must touch the floor before passing the High Ball Line to ensure it is being rolled, allowing the defending team to hear it.
- When fielded, the ball must be thrown again within 10 seconds (remove this time limit for beginners).
- Players can take no more than 2 consecutive throws.
- The defending team's first contact with the ball must be in their team area.

Equipment
- Alternatives to a goalball could be a bell ball, basketball wrapped in a plastic bag or rice in an inflatable ball.
- Goalball can be introduced by playing without eyeshades and using a soccer or basketball (no kicking or bouncing).
- Use lighter balls for beginners.

Environment
- Ensure sufficient distance between teams.

Safety
- Use elbow, knee and hip pads (if available) on hard surfaces.
- Beginners should stay on their feet, or kneel if this is comfortable.
- Official goalballs are quite heavy (1.25kg), ensure sufficient space when playing and use lighter balls with beginners.
- If mats are used for players to lie on, be careful of awkward deflections of the ball.
- If eyeshades are used, ensure they are used by only one player (for hygiene reasons).

Ask the players
- How can you modify your shot to get past your opponents and score a goal?
- What do you need to be aware of when taking a shot?
- What do you need to be aware of when your opponent is taking a shot?
- What position should you have your body in to reduce the chance of your opponent scoring a goal?
- How can you work as a team to stop your opponent from getting a goal?

SPORTS ABILITY
Goalball

Circleball

An introductory game to learn the skills of listening for the ball and shot placement as a lead up to playing Goalball.

Learning Intention
To practice identifying the direction of movement of the bell ball whilst blindfolded.

Skill Focus
Defending, rolling, throwing, shot placement

What you need
- Goalball (ball with internal balls) or alternative (see Equipment)
- Eyeshades

What to do
- Players stand in a circle, legs apart, outside of feet touching.
- Players score a point by rolling the ball across the circle and through the legs of another player.
- The ball must be rolled – no kicking.
- Players use their hands to defend their 'goal'.
- Players can play from a seated position.
- Wheelchair users can turn their chair 'side on' with the wheel facing into the circle representing their goal.
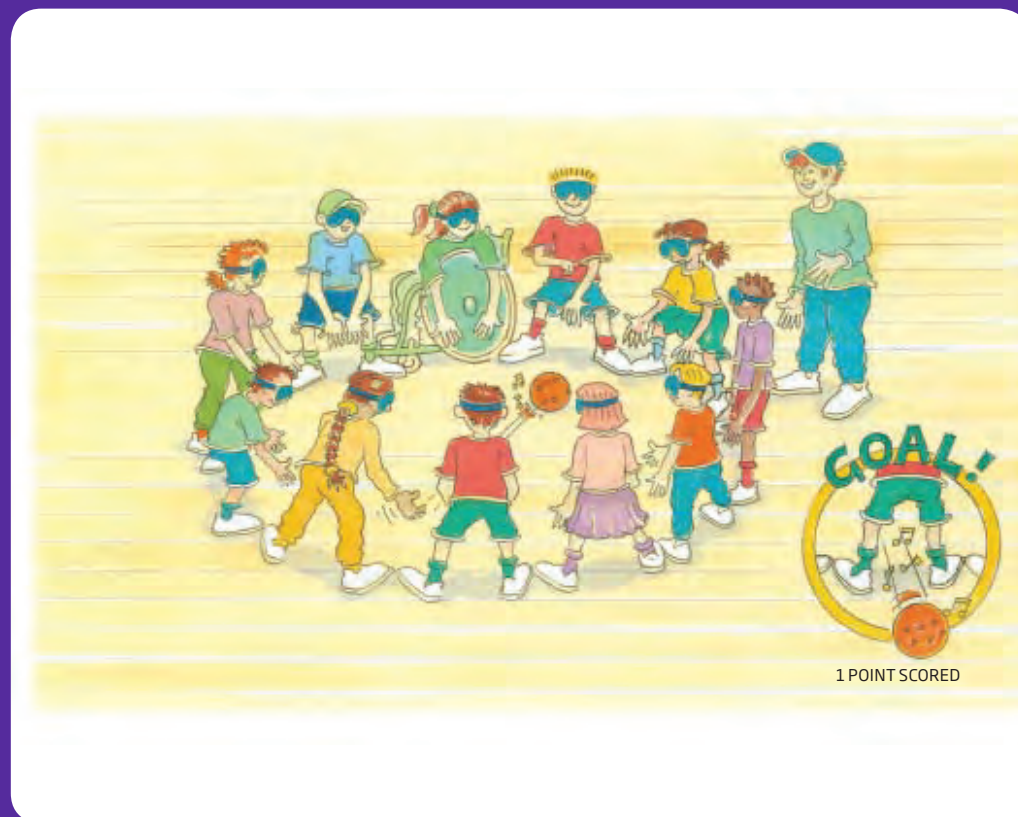
GOAL!

1 POINT SCORED

F - 2   3 - 4   5 - 6   7 - 8

SPORTS ABILITY

Circleball

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Always let the players know what is going on (if using eyeshades).
- Appoint a referee to determine scores and some 'fielders' to return the ball to the circle.
- Encourage players to use their listening skills.

Rules
- Try a team version of the game with players arranged alternately around the circle. Half the players try to keep the ball in the circle while the others try to force it out (through their own legs does not count).
- Introduce a 'time in possession' rule, e.g. 3 or 5 seconds after which the ball must be passed.

Equipment
- Alternatives to a goalball could be a bell ball, basketball wrapped in a plastic bag or rice in an inflatable ball.
- Circle Ball can be introduced by playing without eyeshades and using a soccer or basketball (no kicking or bouncing).
- Use different sizes and speed of bell balls.

Environment
- Vary the circle size by changing the number of players.
- Use a smaller circle as players' skills improve.

Safety
- Ensure players keep the ball on the floor.
- Players should be careful not to 'bump heads' as they bend forward.

Ask the players
- What skills does this game develop?
- How can you defend your 'goal' and ensure the ball doesn't go through your legs?
- What cues can you use to identify which direction the ball is moving?
- How could you work as a team to defend your 'goals' when playing the team version?

Team Pass

An introductory game to learn the skills of listening for the ball, team communication and shot placement as a lead up to playing Goalball.

Learning Intention

To practice passing the bell ball continuously between their team whilst blindfolded.

Skill Focus

Rolling, shot placement

What you need

- Goalball (ball with internal balls) or alternative (see Equipment)
- Eyeshades
- Markers or cones

What to do

- Divide into teams of four in a zig zag formation.
- Position one player on each marker down the course. Players can sit or stand.
- Allocate one 'fielder' per team who can assist team mates when the ball travels off course.
- Starting at one end, each player passes the ball to the next player in line until the ball reaches the last player.
- The direction of the ball is then reversed, and players continue to pass the ball from teammate to teammate until time is up.
- Teams try to achieve as many successful passes as possible within the time limit, e.g. 1-3 minutes.
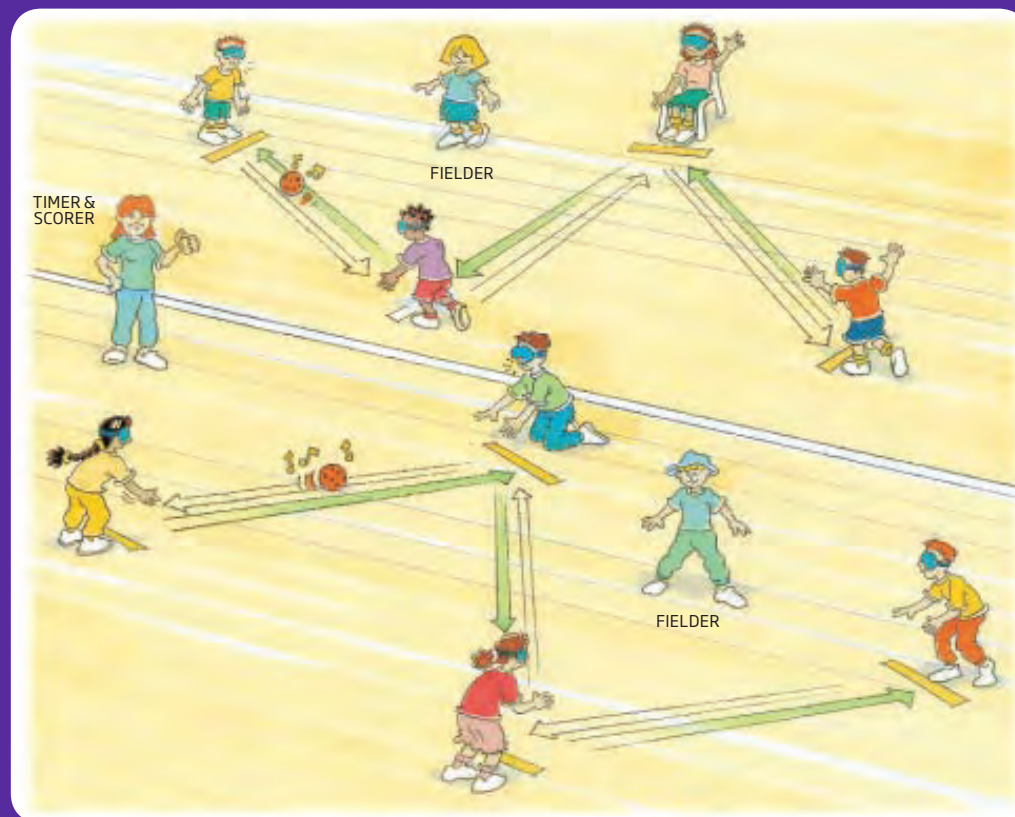
TIMER & SCORER

FIELDER

FIELDER

SPORTS ABILITY

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage players to communicate with each other:
  - to let the receiver know the ball is coming
  - to let the passer know the ball has been successfully received
  - to help the passer be more accurate.
- Give clear 'start' and 'finish' signals.

Rules
- If a pass is missed, the ball is returned by the fielder to the passer and play continues.
- Team Pass can be introduced by playing without eyeshades until the concept of the game is understood.

Equipment
- Alternatives to a goalball could be a bell ball, basketball wrapped in a plastic bag or rice in an inflatable ball.

Environment
- Provide challenges to the players by:
  - arranging teams in different formations, e.g. a square or circle
  - varying the distance between the players
  - changing the angle at which the players are positioned in relation to each other.

Safety
- No throwing - ball must remain on the floor.
- Ensure adequate distance between players to avoid any collisions.

Ask the players
- What ways can players communicate with each other?
- What information do you need to give your team mates for them to make an accurate pass?
- What information do you need from your team mates so you can make an accurate pass?

SPORTS ABILITY
Goalball

Speed Throw

A challenge game to develop different techniques for performing speed rolls.

Learning Intention
To practice and refine technique to get power and speed when rolling the ball.

Skill Focus
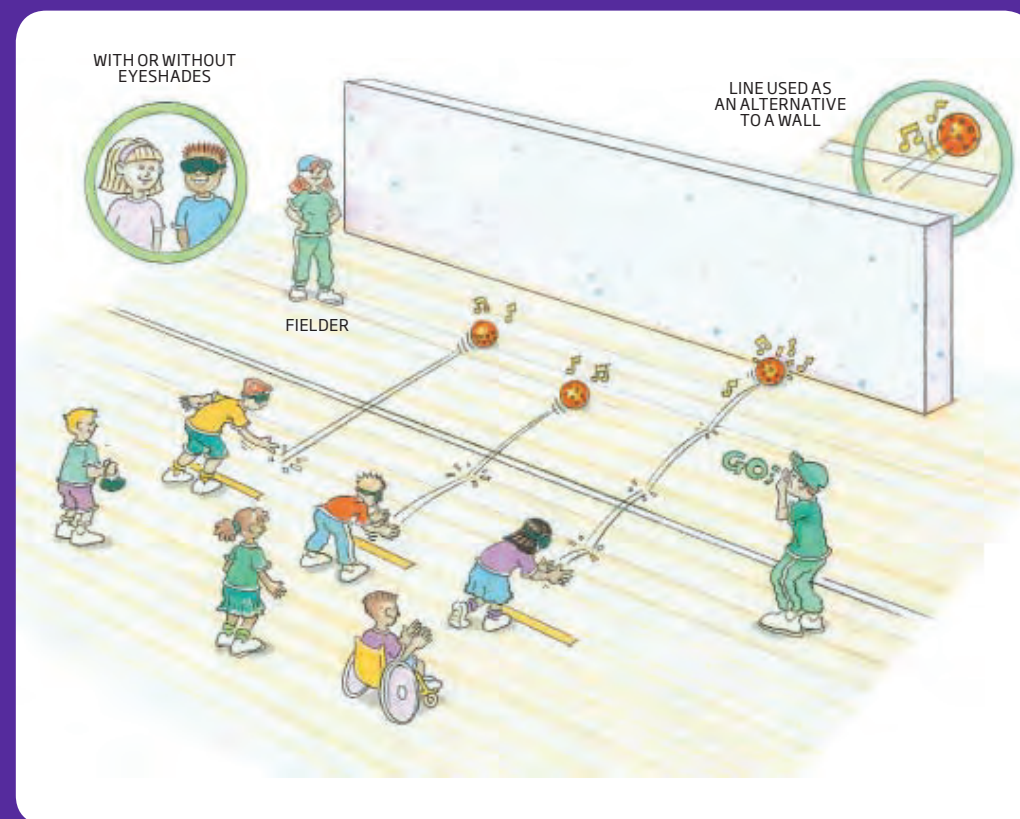Rolling, shot placement

What you need
- Goalball (ball with internal balls) or alternative (see Equipment)
- Eyeshades
- Markers or cones

What to do
- Divide into teams of 2 or more players.
- Teams line up behind their marker facing a wall or line on the ground (at least 10m distance).
- Players at the front of each team throw their ball along the ground towards the wall/line.
- The player whose ball hits the wall/crosses the line first scores a point.
- After an agreed number of throws (e.g. everyone throws twice) the team with the most points wins.

WITH OR WITHOUT EYESHADES

LINE USED AS AN ALTERNATIVE TO A WALL

FIELDER

SPORTS ABILITY

Speed Throw

🌳 TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage players to think about different ways they can throw the ball:
  - underarm, one handed (tenpin bowling action)
  - underarm, front-on stance, both hands holding the ball, legs apart
  - bowling action, side-on stance, using both hands, throwing ball from left or right side across the body.

Rules
- Encourage rolling of the ball by marking another line, or place markers 3m from the throwing line.
- Speed Throw can be introduced by playing without eyeshades until the concept of the game is understood.

Equipment
- Alternatives to a goalball could be a bell ball, basketball wrapped in a plastic bag or rice in an inflatable ball.
- Use orientation lines to mark the throwing line, e.g. string covered with tape that players can feel with their fingers and feet.

Environment
- Vary the distance between the players and wall/line.
- Place a 'judge' near the wall/line to decide on whose ball has won.

Safety
- No-one to enter the throwing area during play.
- Ensure all players are facing the wall or line before they have their shot.

Ask the players
- How can players orientate themselves to the target (wall/line)?
- What technique helps you to get the greatest speed on your roll?

Bench Hockey

A seated hockey game that develops striking and teamwork skills.

Learning Intention

To practice shot placement and striking skills in order to move the ball in the direction of play.

Skill Focus

Defending, shot placement, striking.

What you need

- Suitable indoor or outdoor playing area
- Benches
- Markers or cones
- Hockey sticks or equivalent
- Airflow/whiffle balls or alternative balls
- Chairs for each player

What to do

- Divide into teams of 3-4 players.
- Lay 2 benches on their sides, facing each other, about 1m apart, creating a channel in between.
- Use markers or cones to create goals at either end of the channel.
- Ambulant players play from a chair, wheelchair users can play from their wheelchair or chair.
- Players on the same team shoot in the same direction.
- Players should change position after every 3 scores e.g. move up 1 place. End player goes to the other end.
- All sticks must stay below knee level.
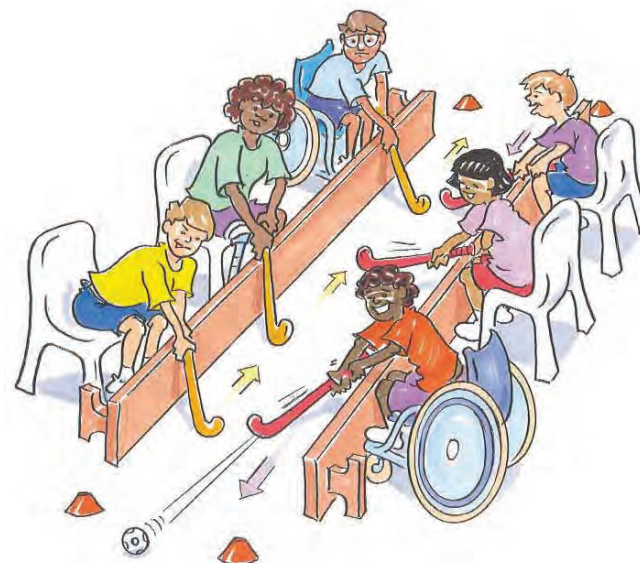
Alternative Balls

F - 2   3 - 4   5 - 6   7 - 8

SPORTS ABILITY

Bench Hockey

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage players to strike the ball in different ways, for example hard or soft.
- Encourage players to work with their team mates to move the ball down the channel to the goals.

Rules
- Allow extra points for hitting a cone in the middle of the goal.
- Introduce a goal keeper to increase difficulty to score.

Equipment
- Experiment with the size and weight of the ball for longer rallies. A smaller, heavier ball will increase difficulty.

Environment
- To increase the chances of scoring:
  - create more space between players
  - increase the size of the goal
  - reduce the number of players.

Safety
- Rough or dangerous play should not be allowed.
- No sticks raised above knee height.
- All shots must be hit along the ground.

Ask the players
- How can you work as a team to move the ball through the channel?
- What different ways can you hit the ball?
- Which types of hits were most effective in getting past your opponents?
- What strategies could your team use to stop your opponents from scoring?

SPORTS ABILITY
Hockey

Hockey Relay

An introductory game to develop positioning, dribbling and shooting skills as a lead up to Zone Hockey.

Learning Intention
To practice and refine dribbling and shooting skills and to develop an understanding of player positioning.

Skill Focus
Defending, locomotor movement, shot placement.

What you need
- Suitable indoor or outdoor playing area
- Markers or cones
- Hockey sticks or equivalent
- Airflow/whiffle balls or alternative balls

What to do
- Divide players into teams of 3-4 players.
- Mark out parallel slalom courses and goals at the end of each course.
- Players dribble and attempt to shoot a goal at the end of the slalom course.
- The next player is not allowed to start until the previous player has completed their shot at goal.
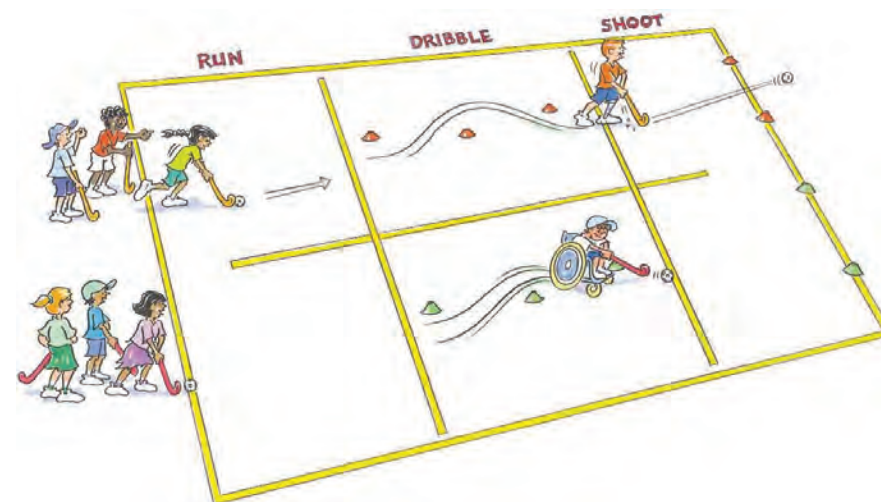
Alternative Balls

F - 2   3 - 4   5 - 6   7 - 8

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Keep slalom courses close enough to create competition but still safe to avoid any collisions.
- Encourage students to try different techniques moving the ball through the slalom to discover which gives the most control over the ball.

Rules
- Players can have a support player who shadows them and fields the ball if it strays.
- Introduce a goal keeper as skills increase.
- Play to an agreed number of goals or set time limit.

Equipment
- Experiment with balls of different sizes and weight to increase or decrease the speed of the game. A smaller, harder ball will increase difficulty.
- Bean bags may assist initially while skills develop.

Environment
- To decrease difficulty, widen the goal size or decrease the number of obstacles.
- To increase difficulty, create a longer slalom course with less space between markers or cones.

Safety
- Ensure appropriate space between teams.
- No stick to be raised above waist height.

Ask the players
- What technique is the best for moving through the slalom as fast as possible?
- How did your technique change if you tried to move too quickly?
- What did you think about before taking a shot at goal?

SPORTS ABILITY
Hockey

Waves

A lead up game to Zone Hockey to develop passing, teamwork and movement in the playing space.

Learning Intention
To practice passing the ball between team mates as they move down the playing area.

Skill Focus
Defending, shot placement, striking.

What you need
- Suitable indoor or outdoor playing area
- Markers or cones
- Hockey sticks or equivalent
- Airflow/whiffle balls or alternative balls

What to do
- Mark out the playing area.
- Divide players into groups of 3-5.
- Groups line up at the same end of the playing area.
- Players travel down the playing area passing from player to player along the line.
- Every player must make at least one pass before the end of the line.
- Markers or cones can be used to create a moving or passing challenge.
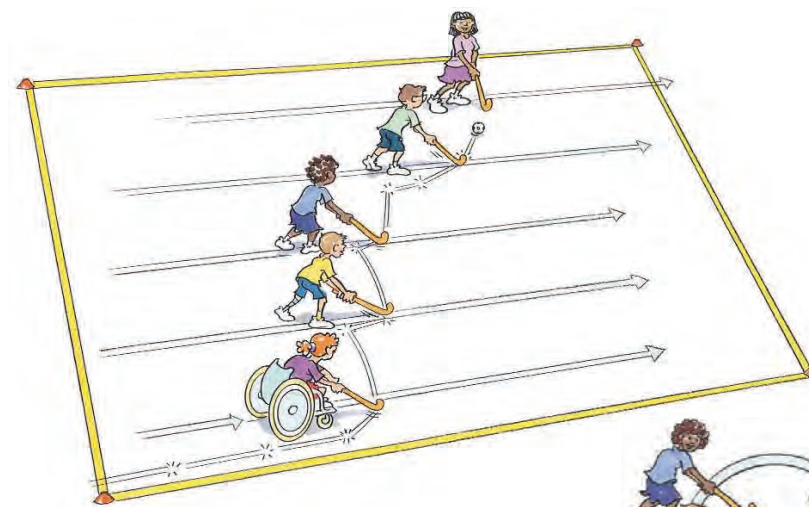
Alternative Balls

Introduce obstacles or defenders into the game

Curriculum links
ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2   3 - 4   5 - 6   7 - 8

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Emphasise to play (hit) the ball in front of the player receiving the pass.
- Encourage players to strike the ball in different ways, e.g. hard or soft.
- Encourage players to move in different formations and develop strategies to beat the defenders such as passing faster, holding the ball until they run past the defender, skipping a person when they pass along the line.

Rules
- Change positions in line after each complete run through.
- Control the ball before passing.
- As skills improve introduce:
  - 'one touch' play
  - replace markers or cones with real defenders who don't move or tackle
  - progress to tackling defenders when appropriate.
- Introduce a time limit to add pressure.

Equipment
- Experiment with the size and weight of the ball to increase or decrease speed of the game. A smaller, harder ball will increase difficulty.
- Bean bags may assist initially while skills develop.

Environment
- To make the game easier:
  - reduce space between players
  - increase space between markers or cones
  - reduce the number of players.

Safety
- Ensure appropriate space between teams.
- No stick to be raised above waist height.

Ask the players
- What types of passes were most effective for moving the ball down the field?
- What techniques did you use to beat defenders?
- How could you work as a team to maintain possession and move the ball down the field?

Hockey Turnover

A game to develop tackling, passing, shooting skills and teamwork for Zone Hockey.

Learning Intention
To practice passing and shooting accurately and maintaining possession.

## Skill Focus
Defending, shot placement, striking.

What you need
- Suitable indoor or outdoor playing area
- Markers or cones
- Hockey sticks or equivalent
- Airflow/whiffle balls or alternative balls

What to do
- Divide playing area into 6 squares.
- Place a set of goals in each corner.
- Each square should include one attacker and one defender.
- Players must remain in their square.
- Aim is for players to pass the ball through the zones to score at either end.
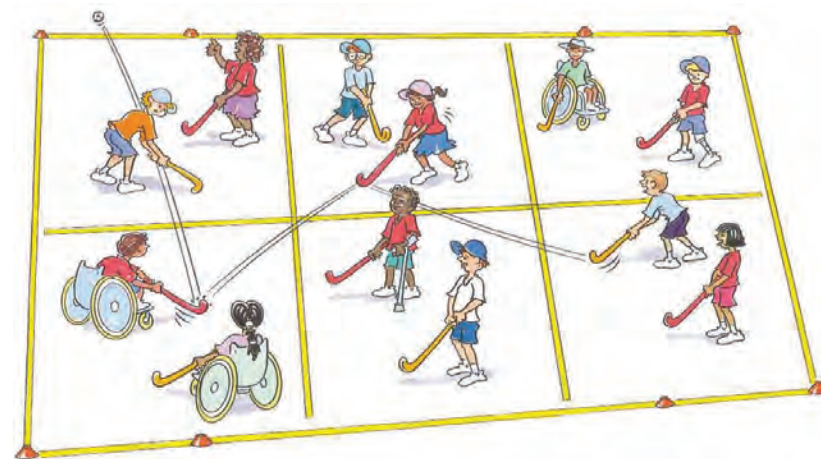
Alternative Balls

Curriculum links
ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2   3 - 4   5 - 6   7 - 8

Hockey Turnover

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage players to strike the ball in different ways, for example hard or soft.
- Emphasise looking ahead as they move so they can see other players.
- Encourage communication with team mates to indicate where they want to hit or receive the ball.

Rules

- Match players with similar abilities in each zone.
- Adopt a non-tackle rule until skill level increases.
- Change positions after 3 goals and rotate pairs into the next zone.
- Control the ball before passing or shooting. As skills improve, introduce 'single touch' play.
- Play to an agreed number of goals or set a time limit.

Equipment

- Experiment with the size and weight of the ball to increase or decrease the speed of the game. A smaller, harder ball will increase difficulty.
- Bean bags may assist initially while skills develop.

Environment

- To make the game easier:
  - increase space between players
  - increase the size of the zone.

Safety

- Sticks must not be raised above waist height.
- Players must not play at any ball with the stick held above shoulder height.
- Ball cannot be hit or bounced above the knees.

Ask the players

- What did you do to maintain possession of the ball?
- What shots were most effective when trying to maintain possession?
- How did you work as a team to maintain possession?
- What strategies did you use as a team to set up goal scoring opportunities?

SPORTS ABILITY
Hockey

Zone Hockey

Zone hockey is an indoor court game that integrates ambulant and mobility-impaired players.

Learning Intention
To practice and refine passing, shooting and defensive skills in game situations.

Skill Focus
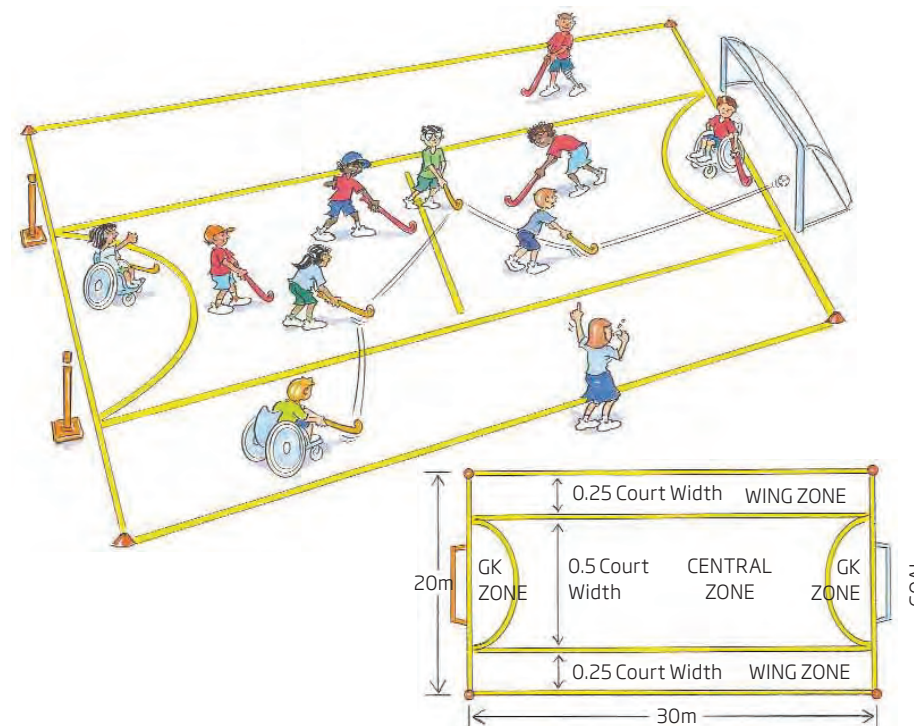Defending, shot placement, striking.

What you need

- Suitable indoor or outdoor playing area
- Hockey sticks or equivalent
- Airflow/whiffle ball or alternative balls
- Markers or cones
- Chalk or marking tape

What to do

- Playing area is divided into 3 length way zones with 2 goal areas.
- Use the cones or tape to mark out the zones. Central zone should represent 50% and wing areas 25% each.
- Divide players into two teams of 5-6 players, each allocated a specific zone.
- Players should be matched by ability in each zone and must remain in their zones:
  - 1 player per wing zone
  - 2 or 3 players in the central zone
  - 1 player as goalkeeper.
- A free hit is awarded for entering another zone, reaching across another zone or raising the stick above waist height. Opposition players must be 2m away from place of free hit.
- No player other than a goalkeeper may enter their goal circle.
- Players must not kick the ball.

Diagram labels: 0.25 Court Width — WING ZONE; GK ZONE; 0.5 Court Width — CENTRAL ZONE; GK ZONE; GOAL; 20m; 0.25 Court Width — WING ZONE; 30m

SPORTS ABILITY

Zone Hockey

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage using short and long passes to move the ball down the court.
- Encourage calling for the ball and to indicate where they are moving to receive the ball.
- Instruct passers to place the ball in front of the receiver so the receiving player can run onto the ball and continue playing the ball forward.

Rules
- A free hit is not awarded if the ball simply hits a player's foot, wheelchair structure or walking aid. It is awarded only if the incident causes a break in play, disadvantage or stops a goal.
- Add a rule that everyone needs to touch the ball before a goal can be scored.
- As skills develop add a defender in each wing zone to increase the challenge.

Equipment
- Use a bigger, heavier ball to slow the game down.

Environment
- Change the zone sizes depending on number of players.
- Change the length of the field depending on player abilities.

Safety
- Sticks must not be raised above waist height.
- Players must not play at any ball with the stick held above shoulder height.
- Ball cannot be hit or bounced above the knees.
- Goalkeepers should be encouraged to wear a face mask, hand protectors and knee protectors.

Ask the players
- How did you move the ball between team mates within zones/in other zones?
- What passes were effective in beating opponents in other zones?
- Where should you aim your passes so that your team mates can run onto to it?
- How did you work as a team to set up scoring opportunities?

SPORTS ABILITY
Tee Ball

Australian Government
Australian Sports Commission

Zone Tee Ball

A team sport for developing striking, catching and throwing.

Learning Intention
To practice and refine striking, catching and throwing skills.

Skill Focus
Catching, fielding, shot placement, striking, throwing.

What you need
- Suitable indoor or outdoor playing area
- Base markers – these should be flat strips or discs
- Tee-ball bat and ball or alternatives (see Equipment)
- Batting tee

What to do
- Divide into teams of 6–9 players.
- Batters score by hitting the ball into the scoring zone instead of running around the bases.
- Players continue to move around the bases. They are moved on by the number of the zone the batter reaches with the ball.
- Allow one 'good' hit for each batter, i.e. hit between the angle of home, first and third base.
- One fielder is allowed inside the bases.
- Umpire calls each batter to the home plate and calls 'play ball' and raises a hand to start play.

Alternative Balls & Bats

SPORTS ABILITY

Zone Tee Ball
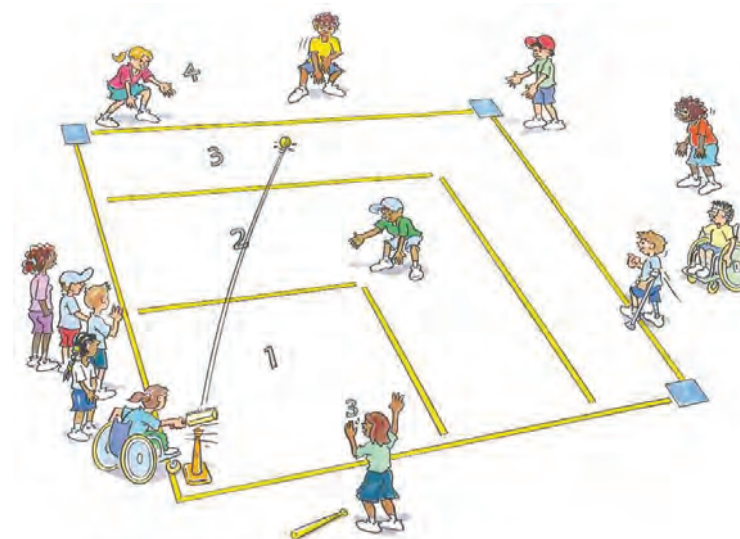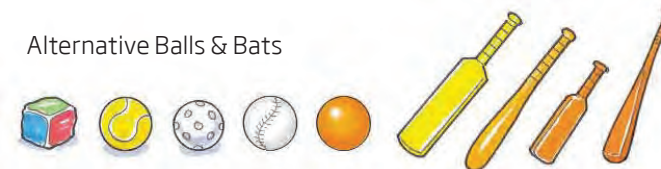
TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Fielders should move towards where the ball is heading and not wait for the ball to come to them.
- Batters should look to see where best to hit the ball depending on the positions of the fielders.

Rules
- Points can be awarded for either the zone where the ball first bounces or which zone the ball is fielded/stopped.
- A fielder in possession of the ball touches the base a batter is moving to, then the batter is out.

Equipment
- Include a variety of bats e.g. different sized tee-ball bats, plastic bats, paddle bats.
- Use different density balls to vary the challenge for batters and fielders, e.g. whiffle ball, foam ball, softball.

Environment
- Increase or decrease the playing area. Increasing the size gives fielders a bigger area to cover, decreasing will reduce scoring options.
- Vary the positions of the fielding team. Have more or less fielders inside the bases.

Safety
- Bats must be dropped and not thrown.
- Umpire to remove tee after batter has hit the ball.
- Waiting batters remain in 'safety zone' to the rear of the batter.

Ask the players

Batters
- Where will you aim to hit the ball and why?
- Where do you need to be looking when you strike the ball off the tee?

Fielders
- How can you tell what direction the batter is going to hit the ball?
- How can you be ready to back-up if a team-mate misses a ball?

Chain Gang

A cooperative team game that develops the skills of Tee Ball.

Learning Intention

To practice striking, catching and throwing skills whilst working as a team to prevent the opposition from scoring.

Skill Focus

Catching, fielding, shot placement, striking, throwing.

What you need

- Suitable indoor or outdoor space
- Tee-ball bat and ball or alternatives (see Equipment)
- Batting tee
- Base markers – these should be flat strips or discs. Use cricket wickets if playing cricket version.

What to do
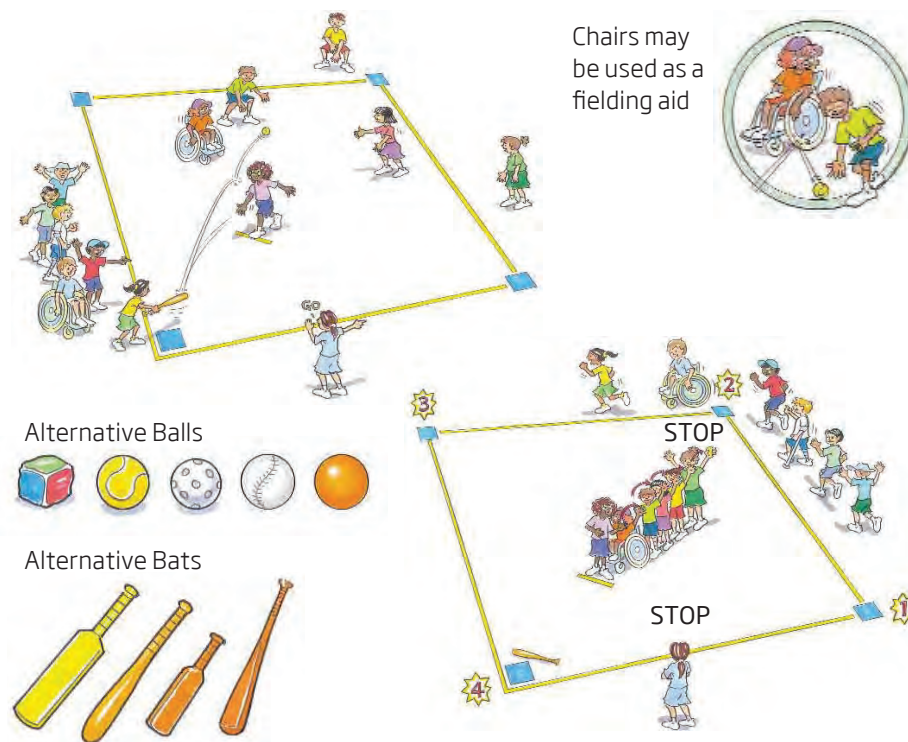
- Divide players into two equal teams.

Batting team

- Batter takes position on home base (or wicket for cricket version – see Rules).
- Remaining batters line up in single file near the batter (at a safe distance).
- Batter hits off a tee or pitched ball. All batters then attempt to run as a group around the bases.
- Allow one 'good' hit for each batter, i.e. hit between the angle of home, first and third base.

Fielding team

- Fielder who fields the ball moves to the pitcher position (or a marker disc). All other fielders line up behind the player with the ball.
- Fielders pass the ball over their heads until it reaches the last fielder who holds the ball in the air and shouts 'stop!'
- Umpire checks the position of the batting team when 'stop!' is called. One run is scored for each base passed by the last player in the line.

Chairs may be used as a fielding aid

Alternative Balls

Alternative Bats

STOP

STOP

SPORTS ABILITY

Chain Gang

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage batters to vary the types of hits they use e.g. short hits, long hits and bunts.
- Use player role models to emphasise an effective side-on batting stance, good ball placement and effective fielding.

Rules
- Cricket version: when the batter strikes the ball, the team run in a relay format to a nearby wicket, set away from the fielding team. Score is calculated using the same method as the tee-ball version.
- Vary the course to be covered by the batting team, or the task to be completed by the fielding team.

Equipment
- Include a variety of bats e.g. different sized tee-ball bats, plastic bats, paddle bats.
- Use larger, slower balls to reduce speed of the game or smaller, faster balls to speed it up.

Environment
- Increase or reduce the distance to be covered by the batting team.
- Vary the positions of the fielding team. Have more or less fielders inside the bases.

Safety
- Bats must be dropped and not thrown.
- Umpire to remove tee after batter has hit the ball.
- Batting team should run outside the bases and fielders line up inside the bases.
- Waiting batters remain in 'safety zone' to the rear of the batter.

Ask the players

Batters
- What will you think about when preparing to hit your shot?
- Where will you aim to place the ball?

Fielders
- How can fielders work together to return the ball to the infield as quickly as possible?
- What will you do to ensure the ball gets passed quickly along the line?

SPORTS ABILITY
Tee Ball

A modified game that develops striking, catching, fielding and throwing skills as a lead up to baseball or softball.

Learning Intention
To practice and refine striking, catching and throwing skills in a game situation.

Skill Focus
Catching, fielding, shot placement, striking, throwing.

What you need
- Suitable indoor or outdoor playing area
- Tee-ball bat and ball or alternatives (see Equipment)
- Batting tee
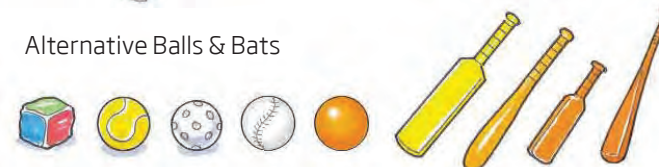- Base markers–these should be flat strips or discs

What to do
- Divide into teams of 6–9 players.
- Allow one 'good' hit for each batter, i.e. hit between the angle of home, first and third base.
- One fielder is allowed inside the bases.
- If a fielder in possession of the ball touches the base a batter is moving to then the batter is 'out'.
- No 'tagging' of players.
- Players on a base can move to the next base when a 'good' hit is made.
- The '3 out, all out' rule does not apply. Each team bats for 5 minutes, then swap over.
- Umpire calls each batter to the home plate and calls 'play ball' and raises a hand to start play.
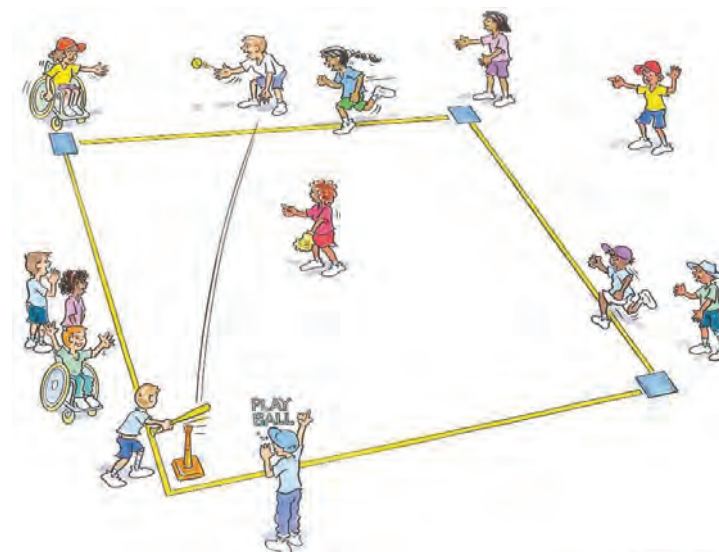
Alternative Balls & Bats

Curriculum links
ACPMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

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SPORTS ABILITY

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage fielders to develop teamwork and think about which base to throw the ball to.
- Fielders should move towards the ball, not wait for the ball to come to them.
- Batters should look and decide the best place to hit the ball depending on the positions of fielders.

Rules

- Assistance to batters can be provided by:
  - Wheelchair players having someone help push them around the bases
  - A support person shadows or guides them around the bases
  - A 'runner' who runs the bases after the ball has been hit.
- Create a zone in the 'in field' (in front of batting tee). Fielders are not allowed into this area and must wait until the ball stops or passes through the zone. This will allow more time for players to reach first base.

Equipment

- Include a variety of bats e.g. different sized tee-ball bats, plastic bats, paddle bats.
- Use larger, slower balls to reduce speed of the game or smaller, faster balls to speed it up.
- Introduce softball gloves if available.

Environment

- A second set of bases can be set up inside the diamond to allow players with less mobility to achieve success.
- Increase or decrease the playing area. Increasing the size gives fielders a bigger area to cover, decreasing will reduce scoring options.

Ask the players

Batters

- How did you position your body to hit the ball into the outfield?
- Where did you aim to give you the most time to run around the bases?
- How can you make sure you do not get out running between bases?

Fielders

- How did you work together to stop the batters from scoring?
- Where are the best places to stand to limit the number of runs the batters get?
- What will you do to ensure the ball gets passed quickly along the line?

Safety

- Bats must be dropped and not thrown.
- Umpire to remove tee after batter has hit the ball.
- Backstop must not stand too close to the batter.
- Waiting batters remain in 'safety zone' to the rear of the batter.

SPORTS ABILITY
Target Games

Bean Bag Challenge

Games for developing balance, movement, manipulation, aiming and estimating, and tossing and catching.

Learning Intention
To practice the skills of throwing, catching and balancing.

Skill Focus
Balance, catching, throwing

What you need
- Suitable indoor or outdoor surface
- Bean bag – one for each player

What to do

Bean bag balance
- Try balancing the bean bag on as many different parts of the body as possible e.g. an out-stretched arm or leg, back, head or elbow.
- Balance the bean bag on your head while seated on the floor, then try and stand up without letting it fall. No hands!
- Try and move while balancing the bag on a part of your body.

Move and catch
- Players throw the bean bag in any direction and move to where it lands. Pick it up and throw in a different direction.
- Progress to throwing the bean bag in any direction, then move to try and catch it before it drops.

What to do

Toss and Catch
- Begin by passing the bean bag from hand to hand. Progress to tossing and catching the bean bag.
- Toss the bean bag in the air with one or two hands and turn round to catch it.

Own Goal
- Toss the bean bag in the air, make a 'hoop' with your arms and hands. Allow the bean bag to travel through your 'hoop' as it falls.

Toss back
- Toss the bean bag in the air and bend forward and catch it on your back.
- Players who have mobility impairments can try catching the bean bag on the back of an out-stretched arm or leg, or on their lap.
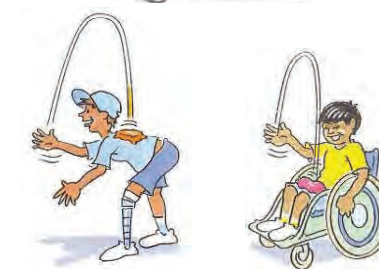
Curriculum links
ACPMP043, ACPMP045, ACPMP061, ACPMP063

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SPORTS ABILITY

Bean Bag Challenge

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage players to experiment with different ways of balancing, tossing and catching the bean bag:
  - arm, leg, foot, hand or head
  - use both hands to throw and catch
  - throw with a single hand and catch with both
  - single hand throw and catch.

Rules
- Players who have mobility or coordination impairments can substitute other skills in toss and catch games, e.g. clap or touch their lap before catching the bean bag.
- In balance activities, some players may prefer to start without the bean bag.

Equipment
- Use soft cushions if players have difficulty using bean bags.
- When players can toss and catch competently with a bean bag, try a slow moving or sponge ball.

Environment
- Ensure sufficient space between players, particularly when movement is introduced.

Safety
- A player's attention may be focused above head height. Ensure they are aware of people and objects around them.

Ask the players
- What different parts of your body can you use to catch/balance the bean bag?
- How do you need to position your body in order to balance the bean bag?
- What position do you need to have your hands in to catch the bean bag?

Bean Bag Team Challenge

Games for developing accuracy when throwing.

Learning Intention
To practice throwing accurately at targets at different distances.

Skill Focus
Accuracy, throwing

What you need
- Suitable indoor or outdoor surface
- Bean bag – one for each player
- Markers or cones
- Flat discs or hoops for targets

What to do

Close to the wall
- Aim is to throw the bean bag as close to the wall without touching the wall.
- Challenge another player. One player throws their bean bag toward the wall, the second player tries to get closer without touching the wall. The player closest scores a point and starts the next end.

Follow the leader
- Similar to Crown Green, except no target is used.
- Play in pairs. One player throws the bean bag into the area. The other player attempts to hit this bean bag with their own. If successful they score a point.
- Players take turns to start.
- Play to an agreed number of points.
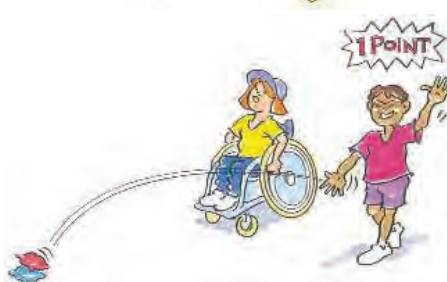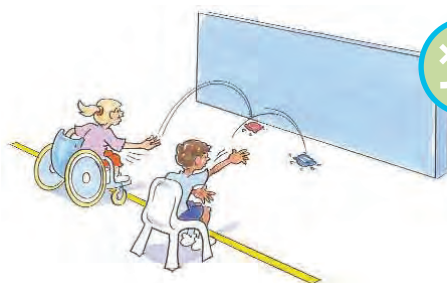
What to do

Crown green
- In pairs, players throw their bean bag towards a target e.g. a marker.
- The player landing closest wins a point and has control of the target. They then place the target anywhere they like in the playing area, and have the first throw for the next round.
- Play to an agreed number of rounds.

Target bean bag
- 2 targets are placed on the ground at an agreed distance apart.
- Players try to land on the target from the opposite end. Once everyone has played, the end is scored, e.g. 1 point for landing in the outer circle, 3 for the centre circle.
- Players collect bean bags and play back towards the other target.
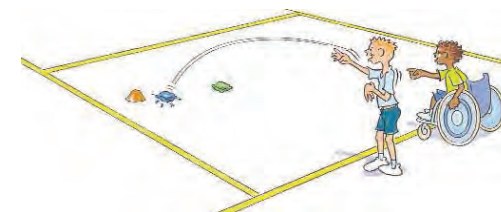
SPORTS ABILITY

Bean Bag Team Challenge

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage players to play honestly and agree on their scores.
- Pair together players with similar ability.

Rules
- Each pair should agree the rules for their games between themselves.
- When players of different abilities play together, rules can be amended to challenge both players e.g. use different sized targets.

Equipment
- Boccia balls are an alternative to using bean bags.

Environment
- To make the game easier to score points:
  - decrease the distance to the target
  - increase the target size.
- To make the game more challenging as skills improve:
  - increase the distance to the target
  - decrease the target size.

Safety
- Ensure players are aware of the environment around them, including any obstacles and other players.

Ask the players
- What different throwing techniques have you used?
- What body position do you need to be in to throw accurately at the target?
- What area of the target should you aim for to ensure you hit it?

Attack and Defend Boccia

A game that develops teamwork, accuracy and tactics.

Learning Intention
To practice throwing accuracy when aiming at a moving target.

Skill Focus
Accuracy, catching, fielding, throwing

What you need
- Markers or cones
- At least 2 tennis balls or similar for each participant
- A variety of target balls e.g. beach ball, soccer ball or fit ball
- Ball sending ramp if required

What to do
- Divide players into 2 teams of 3 or more.
- Mark out 4 zones for the playing area.
- Teams are positioned on each of the back lines (throw line)
- Teams score by:
  - knocking the target ball across the opponents' goal line
  - having balls closer to the target ball after all balls have been thrown.
- Players must use an underarm throw, propel ball with foot or use a ball sending ramp.

Alternative Target Balls

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Attack and Defend Boccia
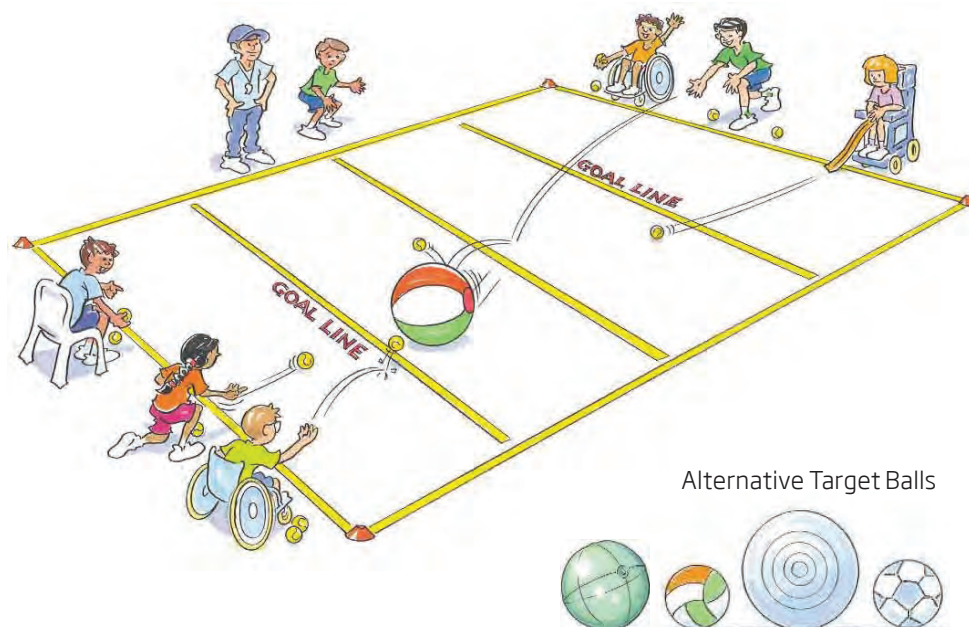
TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage teamwork e.g. players who can throw the ball further 'attack', while others 'defend' by throwing when the target ball approaches their goal line.
- Develop tactics e.g. nominate a defender to keep a ball to defend.
- Encourage players to aim just in front of the ball in the direction it is moving.

Rules

- To make the game easier. Each team has 3 turns at throwing before the other team has their turn.
- To increase difficulty:
  - specify the method of propelling the ball, e.g. ramp only or backspin only
  - teams take alternate turns at throwing

Equipment

- Increase the amount of balls per player.
- Use a bigger, lighter target ball for greater success e.g. a slightly deflated beach ball.
- As skills increase, use a smaller or heavier target ball and limit the amount of balls per team.

Environment

- Shorten the distance between teams to increase the chance of success.
- To increase the challenge, lengthen the distance between the teams.
- Position a player from each team outside the playing area to collect loose balls. They return the balls to their team mates who use to continue playing the game.

Safety

- No balls propelled above waist height.
- No overarm throws.
- Players must stay out of playing area when the game is in play.

Ask the players

- Where did you aim your throw to hit the moving ball?
- How could you work as a team to defend your line?
- How could you work as a team to attack your opponent's line?
- What throwing technique was best for hitting the ball back towards your opponent's line?

SPORTS ABILITY
Target Games

Bombard

A game that develops teamwork, accuracy and tactics.

Learning Intention
To practice throwing accuracy when aiming at a moving target.

Skill Focus
Accuracy, catching, fielding, throwing

What you need
- Markers or cones
- At least 2 tennis balls or alternative balls for each participant
- A number of different target balls, e.g. beach ball or fit ball
- Ball sending ramp if required

What to do
- Divide players into 2 equal teams.
- Mark out goal lines at an appropriate distance from players' throw line.
- Both teams are both positioned on the throw line.
- Target balls are placed 2–3 metres from the throw line.
- Teams score by being the first to knock their target ball across the goal line.
- Both target balls are reset after each goal.
- No balls thrown above waist height.
- Players must use an underarm throw, propel ball with foot or use a ball sending ramp.
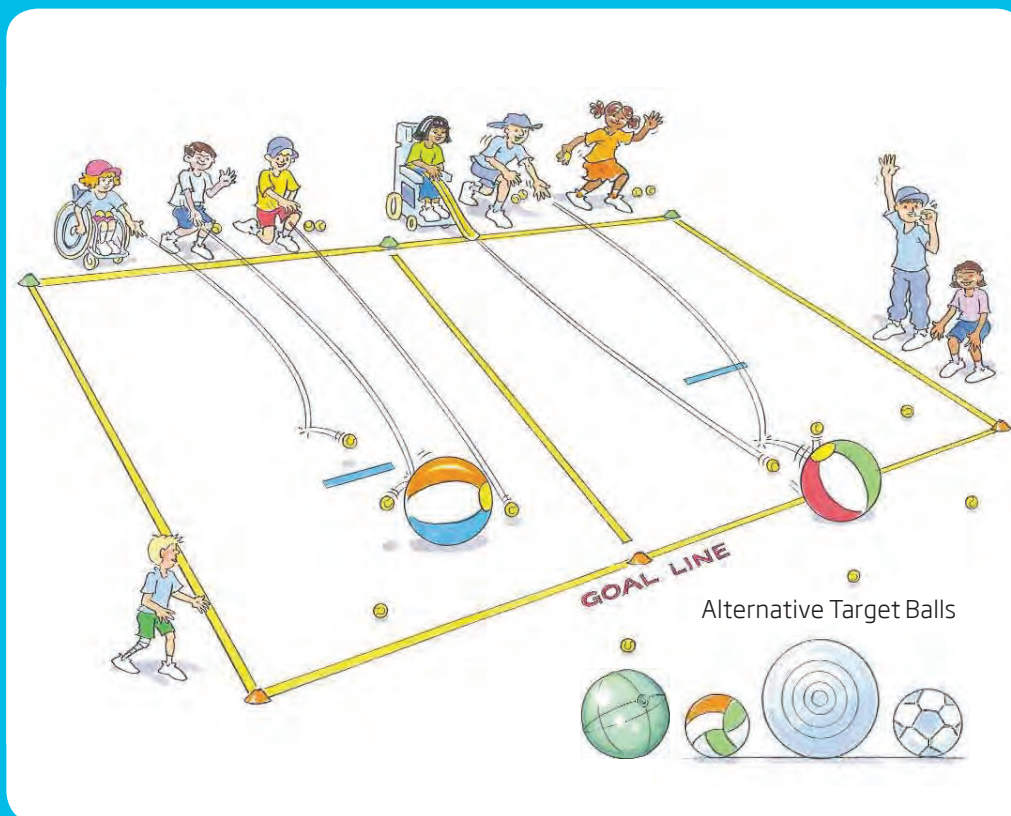
GOAL LINE

Alternative Target Balls

Curriculum links
ACPMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

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SPORTS ABILITY

Bombard

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Suggest waiting until the target ball stops moving before throwing. This will increase chance of success.
- Encourage teams to discuss strategies of how to work best as team.
- Divide players into even ability teams.

Rules
- To increase difficulty, specify the method of propelling the ball, e.g. ramp only or backspin only.
- Play for a set period of time or agreed number of goals.
- As skills increase, try different throwing styles e.g. overarm throwing, underarm throwing or side-on stance.

Equipment
- Use a bigger, lighter target ball for greater success e.g. a slightly deflated beach ball.
- As skills increase, use a smaller or heavier target ball and limit the amount of balls per team.

Environment
- To increase success and scoring, shorten the distance between the players and goal lines.
- To make the game more challenging, increase the distance between the players and goal line.
- Position the game close to a wall so collecting balls is easier.
- Position a player from each team outside the playing area to collect loose balls. They return the balls to their team mates who use to continue playing the game.

Safety
- No balls propelled above waist height.
- Ensure sufficient space between teams.
- Players must stay out of playing area when the game is in play.
- Collect balls after the instructor has called 'stop' in play.

Ask the players
- What type of throw works best to make the target move?
- Where is the best position to hit the target ball from?
- Is throwing more effective than rolling?
- How can you work as a team to get the target ball over the goal line?

Sitting Volleyball

An alternative version to traditional standing Volleyball using a smaller court and lower net. Sitting Volleyball is a Paralympic sport.

SPORTS ABILITY
Sitting Volleyball

Australian Government
Australian Sports Commission

Learning Intention
To practice and refine catching, throwing, spatial awareness and shot placement skills in a game situation.

Skill Focus
Catching, defending, shot placement, spatial awareness, throwing

What you need
- Suitable indoor or outdoor playing area
- Net or rope (with ribbons)
- Beach ball, light plastic ball or lightweight volleyball

What to do
- Divide into 2 teams of 6 players (or a suitable number).
- Players must be seated (see Rules).
- Players try to send the ball over the net so that it touches the ground on their opponents' side.

- 'Rallies' continue until a point is scored by:
  - the ball touching the ground
  - the ball goes 'out'
  - the opponents fail to return it.
- Normally a maximum of three hits per team before the ball must cross the net.

PLAYERS MUST BE SEATED

10M

6M

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Introduce the rules gradually:
  - do not penalise 'double' hits in the beginning
  - allow more than three team hits before the ball crosses the net.

Rules

- Change the height of the net to suit the age or ability of the players, or play without a net.
- Allow the players to play the ball off one bounce initially.
- In competitive sitting volleyball the net should be 1.15m for men, and 1.05m for women.

Equipment

- Balloons are good to use initially.
- As skills progress, try using different types of balls e.g. lightweight and slower-moving.
- Experiment with different types of nets or barrier e.g. chairs or a wooden bench.

Environment

- Vary the court size to suit the number of players, e.g. if there are more players, use a bigger space or divide the group into two games for higher involvement.

Safety

- Ensure players have personal space.
- Players who are sensitive to rough surfaces should sit on a mat or soft area.

Ask the players

- What can you do to keep a rally going for longer?
- How can we ensure all players are equally involved?
- What types of returns can you make to continue or win the point?

SPORTS ABILITY
Sitting Volleyball

Keep it up

A lead up game to Sitting Volleyball that develops basic volleyball skills.

Learning Intention
To practice hitting the ball into the air so that teammates are able to make another shot.

Skill Focus
Shot placement, spatial awareness, striking

What you need
- Suitable indoor or outdoor playing area
- Balloon, beach ball, or lightweight volleyball

What to do
- Players sit in a circle, close together on the ground or in chairs.
- Using fingers and hands (but no feet or legs), players must keep a balloon or slow-moving ball off the ground.
- As players' skills and reactions improve, introduce different density or faster-moving balls.

Add more balloons to challenge the players

SPORTS ABILITY

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Keep everyone involved by ensuring groups are not too large.
- Encourage players to cooperate with each other to keep the balloon floating. Where should they direct the balloon?
- Introduce simple technique first e.g. keep your palms up.
- Encourage students to call for the ball if it is going near another player.

Rules
- Allow players to play the ball off one bounce initially.
- Introduce some volleyball-based rules, e.g. no double hits.
- Try playing the ball in a specific order. Give everyone a number to make this easier.

Equipment
- As skill level develops, add more balloons. This encourages players to cooperate to keep them all 'afloat'.
- Gradually move towards faster-moving balls, e.g. balloon > beach ball > lightweight volleyball.

Environment
- Introduce a specific playing area. Mark this with markers or lines on the ground.
- Divide the group into two equal teams who face each other. Continue to play cooperatively without point scoring.
- Introduce a barrier. Begin with a line on the ground.
- Introduce volleyball rules and play for points.
- If appropriate, introduce movement by standing to play.

Safety
- Play sensibly. Don't hit the ball directly at another player.
- Be aware of other players.

Ask the players
- How can you ensure the balloon/ball stays in the air?
- How can you work together to ensure the ball/balloon stays off the ground?
- Where should you aim to hit the balloon/ball in order to make it easier for the next person to play a shot?

SPORTS ABILITY
Sitting Volleyball

Australian Government
Australian Sports Commission

Blanket Ball

A basic throw and catch game that builds teamwork as a lead up to Sitting Volleyball.

Learning Intention
To practice throwing, catching and cooperative skills in a game situation.

Skill Focus
Catching, defending, shot placement, spatial awareness

What you need
- Suitable indoor or outdoor playing area
- Lightweight ball or beach ball
- Net or barrier
- Blankets, sheets or large plastic bags

What to do
- Divide into 2 teams of 3-6 players.
- Each team uses a blanket, sheet or plastic bag.
- Teams begin by tossing a ball each. By cooperating, they work together to toss and catch their ball in the blanket.
- One team gets together with another team. Using one ball, they work together to toss and catch the ball between teams.
- Progress to using a court and barrier, e.g. net or rope.
- Play a competitive game. Teams toss the ball over the barrier and score if their opponents fail to catch the ball, or they throw the ball 'out'.

Introduce net as skills improve

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SPORTS ABILITY

Blanket Ball

TREE
Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Develop good cooperation, coordination and communication in each team before moving to a competitive game.
- Initially, it may be helpful to include players of a similar height in the same team.
- Explain that the aim of the game is to work together as a team i.e. both moving with the blanket and in tossing the ball.

Rules
- Use very basic volleyball rules.
- Ask teams to devise rules on which they can agree.

Equipment
- If using a large blanket or sheet is difficult for the group, try working in pairs using a plastic bag or smaller piece of material.
- Change the density of the ball. Play with slightly deflated balls to make it easier.

Environment
- As teams improve working together, mix the players into new groups.
- Try different kinds of barriers e.g. two lines marked on the ground.

Safety
- Ensure enough space between teams.
- A playing area free of obstacles. Players' attention may be focused upwards and the blanket obscures the ground.

Ask the players
- How can your team work together to catch the ball?
- What techniques can you use to return the ball over the net and make it hard for the other team to catch?
- Where did you try to place the ball to make it difficult for the other team to catch?

SPORTS ABILITY
Sitting Volleyball

Volley-all

A volleyball game that enables standing and seated players to participate together.

Learning Intention
To demonstrate the skills of volleyball in a game situation.

Skill Focus
Catching, defending, shot placement, spatial awareness, throwing

What you need
- Suitable indoor or outdoor playing area
- Ideally, court dimensions should be 6m x 10m minimum
- Net or rope with ribbons attached (1.5m maximum)
- Beach ball, light plastic ball or lightweight volleyball

What to do
- Divide into 2 teams of 6 players.
- Players in the front zone are seated, whilst those in the rear zone stand.
- Players take turns in serving the ball. A point is scored when the ball lands in the opponents' court or if opponents hit the ball out.
- Score points on every play.
- Players remain in their own zones.
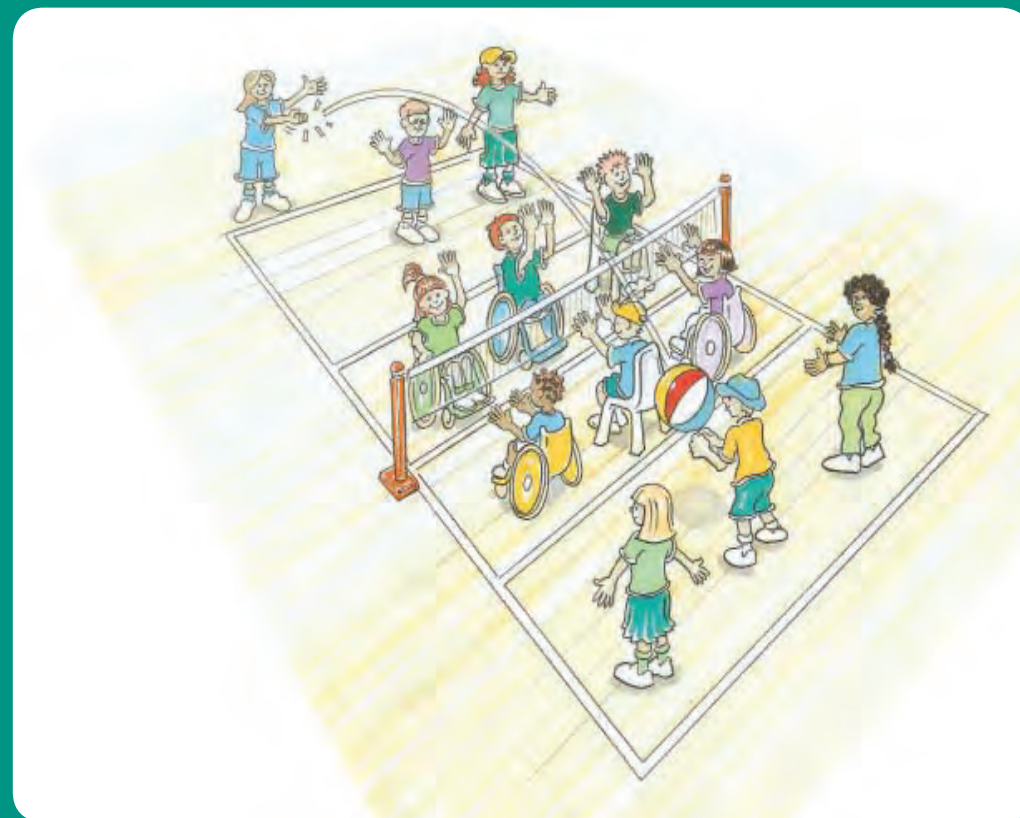
F - 2   3 - 4   5 - 6   7 - 8

SPORTS ABILITY

TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage maximum participation. Change the set-up of the game to enable everyone to be included.
- Some players may prefer to play from a seated position if they have balance difficulty. This can then allow increased concentration on playing the ball.

Rules
- Gradually introduce volleyball rules, e.g.
  - allow multiple hits initially, then three hits maximum before the ball must cross the net
  - allow one bounce, then no bounces.
- Use rotations within zones to provide the opportunity to play in different positions.
- Initially, ensure serves can be returned.

Equipment
- Begin with a slower moving ball, e.g. beach ball.
- Move to a harder, faster ball as players' skills improve.
- Try different kinds of barriers e.g. two lines marked on the ground, seat or benches can be used as barriers.

Environment
- Adjust the net height to create more inclusion:
  - lower the net if the ball is always passing over the front zone
  - raise the net if front zone players are spiking the ball too easily.
- If appropriate, introduce movement by standing to play.

Safety
- Players must remain in their own zones.
- Standing players must not move forward into the front zone.
- Ensure wheelchair users in the front zone do not not roll back into the rear court.

Ask the players
- What can you do to keep a rally going for longer?
- How can you work with your team mates to make sure your returns go over the net?
- How can you work together to win points?