



VIRTUAL
GAMES

WEEK 6 BOCCIA CHALLENGE

This challenge has been set by **Waverley School** in **Enfield**

Watch the challenge video on the LYG website from 9am on Monday 16th November [here](#)

Challenge Description:

How many balls can you get in the hoops?

You have 5 hoops and 5 chances to get a ball in each hoop.

Scoring:

Record how many points you score. 10 points for each ball you get into the hoops. Place a ball in one of the hoops, this is worth 20 points if you hit it.



Adapt for Space and Equipment:

You can use any type of ball for this challenge, it does not need to be boccia balls. You can throw, roll, or use a ramp to propel your 5 balls. If you do not have hoops you can use ropes or tape to create targets. This challenge can be done indoors or outdoors.

Adapt for Ability and Inclusivity:

To make this challenge slightly easier reduce the distance from the hoops or increase the size of your targets. To make the challenge harder increase the distance to throw and decrease the size of the target.

Coaching Tips:

Keep your concentration on the target you are aiming at, line yourself up with the aiming target. Point your fingers towards your target.

Benefits From Challenge:

This challenge will help improve hand-eye co-ordination, patience, and ball control.

Remember to submit your scores before Friday 20th November at 12.00pm via the London Youth Games website or by emailing your group scoresheet to info@londonyouthgames.org. Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG