



### What's unique about boccia

Boccia is a fully inclusive target sport designed so every young person can take part and experience success, regardless of ability, confidence or previous sporting experience.

Played from a seated position using coloured balls and a target jack, boccia combines accuracy, decision-making and teamwork. The game removes many of the physical barriers often associated with traditional sport, enabling young people with complex SEND to compete meaningfully alongside their peers.

Boccia develops communication, concentration, tactical thinking and self-belief, while creating opportunities for leadership, officiating and personal achievement.

### What is the intent of your format



Build social skills and connections (i.e. sense of belonging)



Engage new/target groups of young people (tackling inequalities)



Provide inclusive opportunities

Boccia encourages communication, teamwork and respect, helping young people develop positive relationships and a strong sense of belonging. Players, assistants and officials work together to create inclusive experiences where everyone can contribute, succeed and feel valued.

Boccia removes barriers to participation by providing an inclusive and adaptable format where all young people can take part and experience success. It helps engage those who may be less active, less confident or currently underrepresented in sport, ensuring every participant feels valued, included and able to achieve.

It also champions physical literacy by developing control, coordination, spatial awareness and decision making, empowering young people to value movement, build confidence and stay active for life.

### Target group benefits



All young people



SEND



Targeted groups of young people

Boccia provides an inclusive and accessible environment where young people with SEND can participate, compete and achieve. Through regular involvement, participants develop confidence, communication, teamwork and decision-making skills, while building friendships and a strong sense of belonging. By creating meaningful opportunities for success regardless of ability, boccia helps young people feel valued, engaged and motivated to take part in physical activity.

### It's just not boccia if you...

1

Take away the seat!

2

Take away the target!

3

Aren't fully inclusive!



# Boccia for SGOs

SEND

## How to run inter-competition: Boccia 12's

- Mark out a boccia court measuring 12.5m x 6m or use a modified badminton court
- Divide participants into two teams of three players (red and blue). The format can also be adapted for pairs (2v2) or individual competition
- Ensure all players are seated behind the throwing line throughout the game
- Provide each team with six coloured balls and one white jack (target) ball
- Toss a coin to decide which team will play as red and which will play as blue
- The red team starts the first end by throwing the jack onto the court. The jack must cross the 'V' line to be in play
- The player who throws the jack also plays the first coloured ball
- A player from the opposite team then plays their first coloured ball
- The team furthest from the jack continues to play until they place a ball closer to the jack or run out of balls
- The team with any remaining balls then plays them
- Once all balls have been played, the end is complete
- One point is awarded for every ball closer to the jack than the nearest opposing team's ball
- The blue team starts the second end
- After two ends, the team with the highest total score wins
- If the scores are level, play a tie-break end with the jack placed on the centre cross.



### Age group

KS2 (7-11 years old)  
KS3 (11-14 years old)  
KS4 (14-16 years old)



### Gender

Mixed



### Participant numbers

Each game of boccia 12's is played by six people, in two teams of three, the red side and the blue side, playing two 'ends'. Each team plays six balls, two per player.

It can be amended to play:

- 1v1 (using 6 balls each), or
- 2v2 (using 3 balls each)

Space, time and type of competition (round-robin or knockout competition) will dictate how many teams and players you can accommodate.



### Target audience

Primarily for SEND students but can be played by all.

Boccia is totally inclusive and can be played by anyone regardless of age, gender, ability or disability. This shortened version of the game means less time is required and even more young people can play.



### Benefits for YP

Through boccia, young people will:

- Have fun and enjoy themselves
- Experience success regardless of ability
- Develop confidence and self-belief
- Improve communication and teamwork skills
- Understand and demonstrate respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand their contribution
- Become more determined and demonstrate resilience
- Learn the importance of practice and preparation
- Aspire to improve and challenge themselves.





# Boccia for SGOs

SEND



## Roles for YP

Young people can be:

- **Officials:** Measure and record scores
- **Scorekeepers:** Record points and match outcomes
- **Coaches and Team Captains:** Encourage communication and decision-making
- **Leaders:** Help set up equipment, promote inclusion and positive experiences

These roles build confidence, leadership, and empathy — helping young leaders to champion inclusion in their schools.



## Progression

Boccia activities and modified game formats help young people develop the confidence, skills and understanding needed to take part in inter-school competition.

Young people who enjoy boccia can progress to local festivals, inter-school events and community opportunities through Boccia England, creating clear pathways for lifelong participation.





## Additional support

Boccia is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by Youth Sport Trust and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support, and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each special educational need and disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Additional resources and equipment can be purchased through Boccia England's Play Boccia packages which are designed to assist with school delivery. These can include boccia balls sets, activity cards, cardboard ramps and referee kits. Equipment can also be purchased individually if required. Please email [playboccia@bocciaengland.org.uk](mailto:playboccia@bocciaengland.org.uk) for further information

## Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

## NGB regional contacts

- For support with school's delivery please contact Boccia England's Children and Young People Officer via [playboccia@bocciaengland.org.uk](mailto:playboccia@bocciaengland.org.uk).

## Personal development

- Boccia England delivers a Boccia Leaders Award which is available to students (12+) and staff. The Boccia Leaders Award is a 3-hour workshop to introduce the fundamental skills and knowledge required to deliver boccia within the community. Please [click here](#) for further information on Boccia England courses.

## Where to participate next?

- Please [click here](#) to see our Club Finder page on our website.

## Where to compete next?

- Inter-school competition provides an exciting next step for young people to apply their skills, represent their school and experience the enjoyment of meaningful competition. Local festivals, friendly competitions and School Games events help participants build confidence, develop their understanding of the game and connect with other players
- For those who wish to continue their boccia journey, Boccia England offers a range of opportunities through regional participation festivals, youth competitions and the Boccia England National League. These events provide clear progression routes into community clubs and regular competition, helping young people stay active, connected and engaged in the sport
- To find local opportunities and learn more about Boccia England events and programmes, please visit [our website](#) and [social media channels](#).





## Why boccia for your school?

Boccia offers an inclusive, meaningful, and enjoyable way for every young person to experience success in sport. It removes physical barriers to participation, and allows pupils of all abilities to compete, collaborate and achieve.

Through boccia, young people develop confidence, communication, teamwork, and decision making skills, while improving control, coordination and physical literacy. Easy to deliver in lessons, intra school festivals and competitions, boccia helps schools create positive experiences where every pupil feels valued, included and motivated to be active.

## How to use activities in curriculum time

Boccia is an inclusive and accessible activity that can support learning across the curriculum. Its adaptable nature enables all pupils to participate, develop new skills and experience success, while building confidence, communication and decision-making skills.

### Physical Education

Boccia develops fundamental movement skills including rolling, throwing, accuracy and control. Through individual and team activities, pupils can improve coordination, tactical awareness, decision-making and an understanding of rules, fair play and competition. Activities can be adapted to meet the needs of all learners, whether seated or standing.

### Maths

Boccia provides meaningful opportunities to apply mathematical concepts in a practical setting. Pupils can measure distances, compare scores, collect and record data, estimate angles and calculate totals, helping to bring learning to life through physical activity.

### PSHE and SMSC

Boccia encourages communication, teamwork, respect and inclusion. Through participation and reflection, pupils can develop self-belief, resilience and emotional awareness, while exploring values such as fairness, cooperation and empathy.

### SEND and Inclusive Practice

Boccia is particularly effective for inclusive curriculum delivery. It can be adapted through changes to distance, equipment, targets and support, ensuring all pupils can participate meaningfully and achieve success. Its accessible format helps develop confidence, independence and a strong sense of belonging for all learners.

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Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

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# Boccia for Schools

SEND

## How to run intra-competition: Boccia 12's

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### Age group

KS2 (7-11 years old)  
KS3 (11-14 years old)  
KS4 (14-16 years old)



### Gender

Mixed



### Participant numbers

Up to 6 participants.

- Boccia 12's is typically played in teams of three, with each player delivering two balls per end
- The format can also be adapted for:
  - Individual competition (1v1), with each player delivering six balls
  - Pairs competition (2v2), with each player delivering three balls
- This flexibility allows the activity to be delivered effectively across a range of participant numbers, abilities and settings.



### Target audience

Primarily for SEND students but can be played by all.

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### Benefits for YP

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- Experience being part of a team and understand their contribution
- Become more determined and demonstrate resilience
- Learn the importance of practice and preparation
- Aspire to improve and challenge themselves.





# Boccia for Schools

SEND



## Roles for YP

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- **Officials:** Measure and record scores
- **Scorekeepers:** Record points and match outcomes
- **Coaches and Team Captains:** Encourage communication and decision-making
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## Progression

Young people who enjoy boccia can progress to local festivals, inter-school events and community opportunities through Boccia England, creating clear pathways for lifelong participation.





## How to run intra-competition: Boccia Skills Festival

- Use a sports hall or large indoor space and divide it into four clearly marked activity stations
- Set up each activity station as per the instructions on the activity card
- Organise participants into small groups of 3–6 and rotate them around each station, allowing approximately 8–12 minutes per activity depending on group size and available time
- At each station, demonstrate the activity to the participants and give clear instructions before they begin
- Allow participants to roll, throw or use ramps
- Adapt distances, target sizes and equipment as required
- Allow opportunity for personal challenge and success, adapting the activity for different abilities and needs, rather than comparison with others
- Encourage peer support, teamwork and positive feedback.

### Activity ideas

Activity ideas can be selected from the boccia activity cards provided, or adapted to meet the needs of your participants. Additional example stations could include:

- **Accuracy Challenge:** Participants aim to roll or throw their ball as close as possible to a target cone or jack, developing accuracy and control
- **Distance Control:** Participants attempt to stop their ball within designated scoring zones, encouraging control and consistency
- **Decision-Making Challenge:** Participants choose between different targets, developing tactical awareness and problem-solving skills
- **Mini Match Play:** Participants take part in simple 1v1 or 2v2 games on a reduced court, introducing basic competition and game play.

### Staffing and atmosphere

Where possible, allocate one adult, young leader or volunteer to each station. Create a positive and welcoming environment by celebrating effort, improvement and teamwork. Encourage participants to try their best, support one another and enjoy taking part throughout the festival.



### Age group

KS2 (7–11 years old)  
KS3 (11–14 years old)  
KS4 (14–16 years old)



### Gender

Mixed



### Participant numbers

8–24 participants.

- For a four-station Skills Festival, organise participants into four equal groups where possible
- Ideally, groups should contain 3–6 participants to maximise engagement and opportunities for participation
- Activities can be adapted to accommodate larger or smaller groups by adjusting station numbers, playing areas or rotation times.



### Target audience

Primarily for SEND students but can be played by all.

Boccia is totally inclusive and can be played by anyone regardless of age, gender, ability or disability. The Skills Festival allows all young people to develop the fundamental movement skills including rolling, throwing, accuracy and control. Through individual and team activities, pupils can improve coordination, tactical awareness, decision-making and an understanding of rules, fair play and competition.





# Boccia for Schools

SEND



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## Progression

Boccia activities and modified game formats help young people develop the confidence, skills and understanding needed to take part in intra- and inter-school competition.

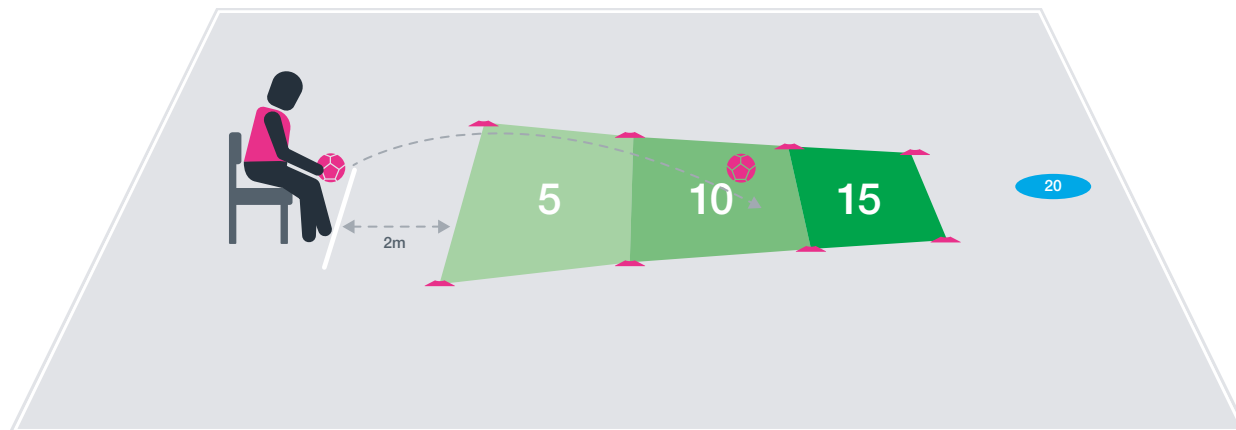
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# Cone Alley

SEND



## How to make it easier

- Move the throwing line closer to the target areas
- Increase the width of the scoring zones
- Use larger or softer ball

## How to make it harder

- Move the throwing line further away
- Challenge participants to use different throwing techniques
- Reduce the width of the scoring zones

## Space required

- An indoor or outdoor flat surface that is 10m x 4m.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- What did you do when a shot didn't go as planned?
- How did you keep trying to improve your score?



- What helped you feel confident when taking your shot?
- How did you challenge yourself during the activity?

## How to play

- Set up four scoring zones using pairs of cones:
  - Zone 1: 2m wide
  - Zone 2: 1.5m wide
  - Zone 3: 1m wide
  - Zone 4: 50cm wide
- Place each zone 1m apart
- Place a throw-down spot 1m beyond the final zone
- Participants remain seated behind the throwing line
- Using six balls, participants aim to roll or throw their balls through the cone alley and stop them in the highest scoring zone possible
- Every ball contributes towards their final score.

## Scoring

- Zone 1 = 5 points
- Zone 2 = 10 points
- Zone 3 = 15 points
- Throw-down spot = 20 points
- The participant with the highest total score after six balls wins.

## Safety

- Ensure that no spare or loose balls are left lying around the playing area
- Make sure that players wait their turn and always throw in the same direction towards the target.

## Equipment required

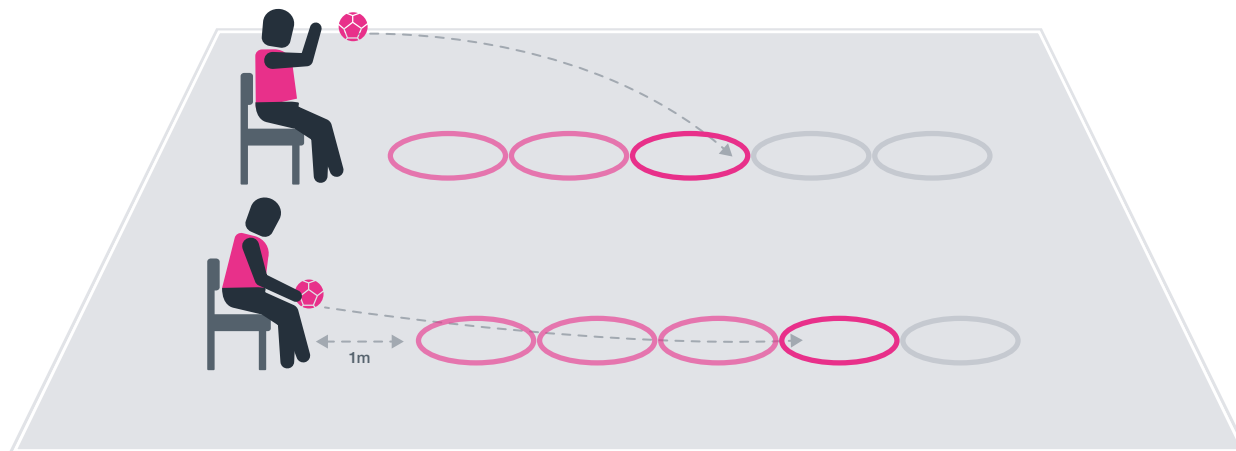
-  Boccia balls
-  Cones
-  Throw down lines/markers
-  Seating





# Flip It

SEND



## How to make it easier

- Move the hoop closer to the participant
- Reduce the target score to three flips
- Use a larger ball or softer ball
- Allow participants to work with a partner

## How to make it harder

- Move the hoop further away
- Increase the target score to ten flips
- Use a smaller ball
- Use smaller hoops
- Challenge participants to compete against a partner

## Spirit of the Games



- What did you do when a throw didn't go where you wanted it to?
- How did you keep trying to improve throughout the activity?



- What helped you feel confident when taking your shot?
- What are you most proud of achieving during the activity?

## How to play

- Place a hoop approximately 1 metre in front of each participant
- Participants remain seated behind the throwing line
- Participants take turns rolling or throwing a boccia ball into their hoop
- Each time a participant successfully lands a ball in the hoop, the hoop is flipped over
- A teammate, leader or assistant can help flip the hoop when required
- The first participant to flip their hoop five times wins.

## Safety

- Ensure that no spare or loose balls are left lying around the playing area
- Make sure that players wait their turn and always throw in the same direction.

## Equipment required

-  Boccia balls or bean bags
-  Hoops
-  Seating

## Space required

- Indoor or outdoor on a flat surface.

## Estimated set-up time

- 5 minutes.

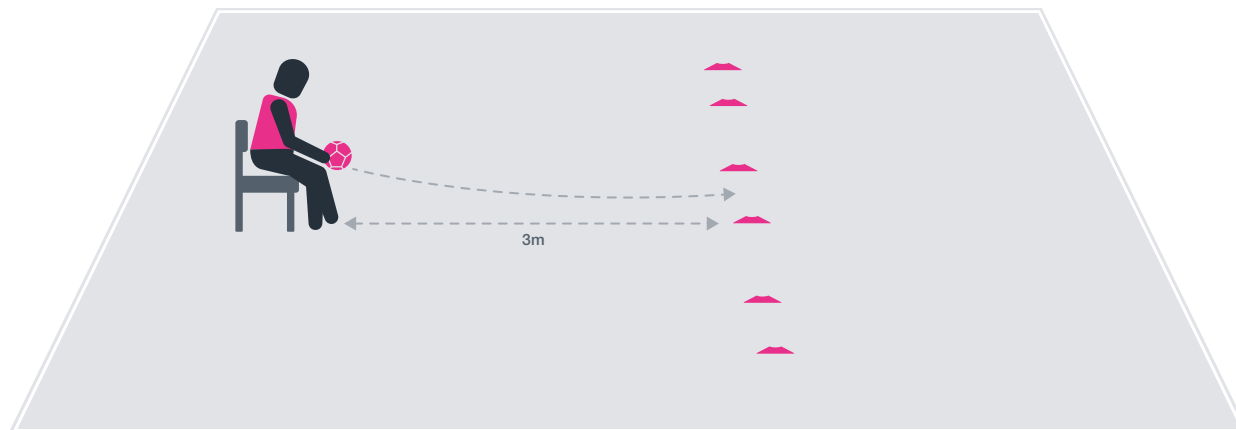
## Difficulty level





# Gates Galore

SEND



## How to make it easier

- Move the gates closer to the throwing area
- Increase the width of the gates
- Use a larger or softer ball
- Allow participants additional attempts
- Work with a partner or teammate

## How to make it harder

- Move gates further away
- Reduce the width of the gates
- Use a smaller ball
- Limit the number of balls
- Introduce an opponent

## Spirit of the Games



- How did you and your teammates work together to improve your score?
- What did someone in your group do that helped the team succeed?



- How did you show respect and encouragement to others during the activity?
- Why is it important to listen to and support your teammates?

## How to play

- Set up three gates using pairs of cones, with each gate approximately 50cm wide and positioned 3 metres from the throwing area
- Participants remain seated behind the throwing line
- Participants take turns rolling or throwing a boccia ball through the gates
- Each successful throw through a gate scores 10 points
- Challenge participants to score through every gate and achieve the highest score possible
- For a team challenge, add additional playing chairs and work together to score as many points as possible within a set time limit (e.g. 1–2 minutes).

## Safety

- Ensure that no spare or loose balls are left lying around the playing area
- Make sure that players wait their turn and always throw in the same direction towards the target.

## Equipment required



Boccia balls or bean bags



Cones



Seating

## Space required

- An indoor or outdoor space on a flat surface.

## Estimated set-up time

- 5 minutes.

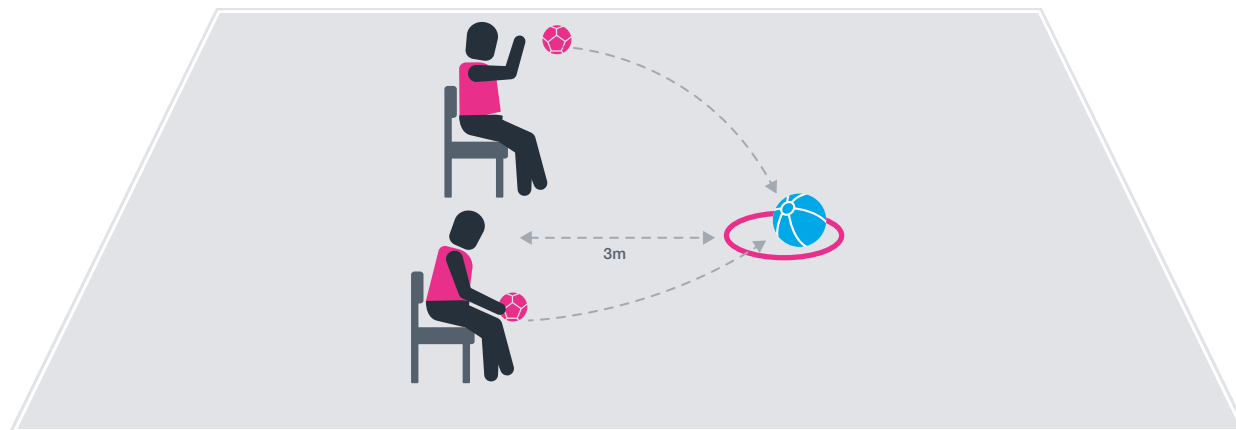
## Difficulty level





# Beach Ball Blast

SEND



## How to make it easier

- Move the target beach ball closer to the throwing area
- Reduce the size of the target area
- Use a larger beach ball

## How to make it harder

- Move the target beach ball further away
- Increase the size of the target area

## Space required

- An indoor or outdoor flat surface that is 10m x 4m.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- What did you do when a throw didn't go where you wanted it to?
- How did you keep trying to improve throughout the activity?



- How did you and your teammates work together to improve your score?
- What did someone else do that helped the team succeed?

## How to play

- Place a hoop, or mark a target circle, approximately 3 metres from the throwing area
- Position a beach ball (or similar lightweight ball) in the centre of the hoop or target area
- Participants remain seated behind the throwing line
- Participants take turns rolling or throwing a bocchia ball towards the beach ball
- Score 1 point each time the beach ball is knocked completely out of the hoop or target area
- An end is complete when all participants have played one ball
- Play a set number of ends and add the scores together
- The participant or team with the highest score wins.

## Safety

- Ensure that no spare or loose balls are left lying around the playing area
- Make sure participants wait their turn before playing
- Ensure all participants throw or roll in the same direction towards the target area.

## Equipment required

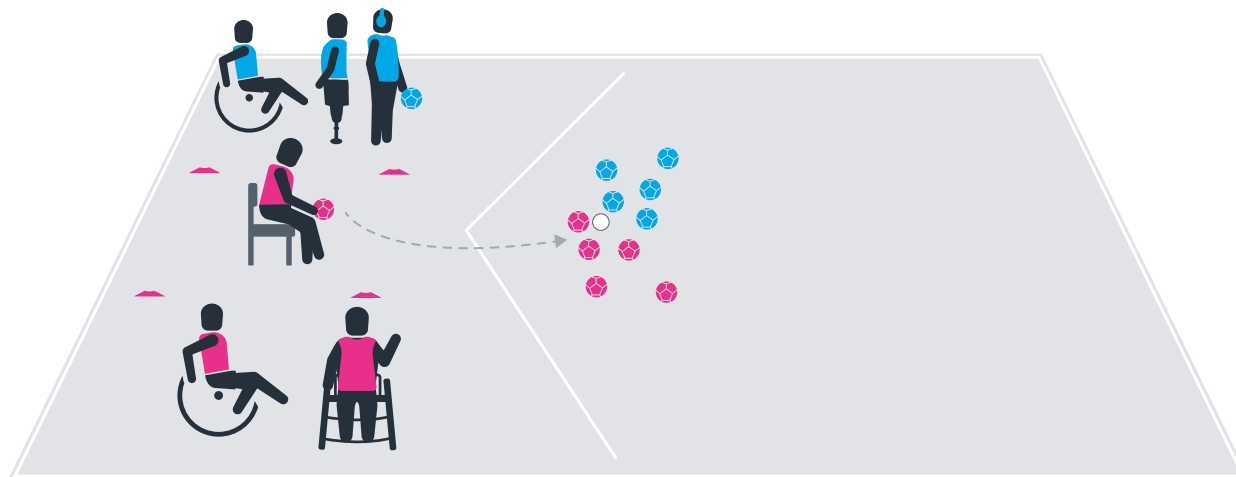
- Bocchia balls or bean bags
- Hoops
- Beach balls or lightweight ball
- Seating





# Boccia 12's

SEND



## How to make it easier

- Reduce the size of the court
- Move the jack closer to the throw line (within the playing area)
- Allow participants to move closer to the target area

## How to make it harder

- Increase the size of the court
- Introduce a time limit for each shot
- Increase the number of ends played

## Safety

- Ensure that no spare or loose balls are left lying around the playing area
- Ensure participants only collect balls when instructed
- Keep the playing area clear of obstacles and trip hazards
- Ensure all participants play towards the designated target area
- Encourage respectful behaviour and safe movement around the court.

## Spirit of the Games



- How did your team communicate to decide where to play each ball?
- What did someone on your team do that helped the group succeed?



- How did you show respect to your opponents and teammates during the game?
- Why is it important to play fairly and follow the rules of Boccia?

## How to play

- Mark out a boccia court measuring 12.5m x 6m or use a modified badminton court
- Divide participants into two teams of three players (red and blue). The format can also be adapted for pairs (2v2) or individual competition
- Ensure all players are seated behind the throwing line throughout the game
- Provide each team with six coloured balls and one white jack (target) ball
- Toss a coin to decide which team will play as red and which will play as blue
- The red team starts the first end by throwing the jack onto the court. The jack must cross the 'V' line to be in play
- The player who throws the jack also plays the first coloured ball
- A player from the opposite team then plays their first coloured ball
- The team furthest from the jack continues to play until they place a ball closer to the jack or run out of balls
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- Once all balls have been played, the end is complete
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- The blue team starts the second end
- After two ends, the team with the highest total score wins
- If the scores are level, play a tie-break end with the jack placed on the centre cross.





# Boccia 12's

SEND

## Equipment required



6 red boccia balls



6 blue boccia balls



1 white jack (target) ball



Court markings (tape, throw-down markers or cones)



Red and blue wristbands or team identifiers



Seating for all participants

## Space required

- Indoor sports hall or flat outdoor area
- A standard boccia court measures approximately 12.5m x 6m, although a modified badminton court or smaller playing area can be used.

## Estimated set-up time

- 5-10 minutes.

## Difficulty level

