



Lincolnshire School Games Virtual Events

Boccia Beachball blast

You can submit your entries from Monday 4th May through to Friday 15th May 2020.

The aim of the game is to move a target over a 1-meter distance using only 3 pairs of rolled-up socks.

Important information:

1. This is an individual event
2. You need to video your entry
3. You have to throw all 3 before you collect
4. Your entry could go towards a Lincolnshire County Final

Equipment needed:

- 3 rolled up socks or bean bags
- A chair/seat
- A target "Beachball" (large ball, plastic bowl, be creative)
- A space that is 5meters long
- Something to use as a marker for distance (pen, wooden spoon)
- Camera to film attempts
- Stop watch

Inclusive! How can you get involved?

Space

Indoors or outdoors- just make sure its safe and big enough

Task

Should be done seated and under arm throw

Equipment

Anything safe to be moved by socks this could be a plastic bowl, empty lunch box anything!

People

Solo entries

To submit your content, click on or scan the QR code below

Click here:



How?

[Android](#)

[iPhone](#)

Click here to see how to share content via your [Android](#) or [iPhone](#) device

Keeping young people active

More information on this activity: Video clips and explanations

Click here to see a video of how to play: <https://youtu.be/pB9FliMcqBI>

How to play

- From the start line, measure 4 meters and then a further 1 meter
- At 4 meters, place your target item. At the 5th meter, mark it as your end line
- Sit down at the start line, press start on the stopwatch and camera and throw your items, one-at-a-time, underarm to try and push your target over the end line
- Once all 3 items have been thrown quickly collect them, sit back down, and carry on. Don't stop the timer until the target is over the end line
- Stop the clock when you have moved the item passed the end line
- Stop the Camera and upload your entry using the link in the green box above

Have you checked our safeguarding advice?

[Click here](#) or scan here for more information



#StayHomeStayActive

#LincsVirtualSchoolGames



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SPORT
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