



Boccia STEP Model Guide for Schools

- S – Space**
- Any flat indoor area can be used. For example: gymnasium, classroom, school hall.
 - Increase or decrease the size of the area or the distance to the targets to challenge or support the players.
 - Break the class into small groups and use separate spaces for each activity.
- T – Task**
- Try playing the balls in different ways. For example: balls can be played by throwing overarm, underarm, 'dart' style or by pushing the ball with the foot.
 - Play a modified game instead of playing the full rules.
 - Use a range of communication methods to explain activity or skill. For example: demonstration, video, poster, flash cards.
- E – Equipment**
- If boccia balls are unavailable, other items can be used. For example, beanbags or juggling balls.
 - Some players may need the assistance of a ramp or chute to play the ball.
 - Use cones or skittles instead of a jack if there is a large group.
 - Offer balls with varying firmness levels. Harder balls are more difficult to grasp but roll further whereas softer balls are easier to grasp but do not roll as far.
- P – People**
- A helper may need to help players who use the ramp.
 - Try matching players of similar ability together when playing. For example, ramp players play against each other while throwers play separately.
 - Have non-disabled players throw with their non-dominant hand.
 - Play pairs and teams matches as well as individuals. For example: used mixed ability groupings to balance skills, allocate specific roles to players (can use drawing shots only).