



# Lincolnshire School Games

## Virtual Events

### Boccia Beachball blast

You can submit your entries from Monday 4<sup>th</sup> May through to Friday 15<sup>th</sup> 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

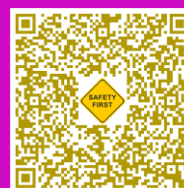
Click here to see a video of how to play: <https://youtu.be/pB9FlIMcqBI>

#### 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 5<sup>th</sup> 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



YOUTH SPORT TRUST