



PE Virtual Learning

Bocce Ball

April 14, 2020



6th Grade PE
Lesson: April 14, 2020

Objective/Learning Target:

Learn the rules and strategies of bocce ball.

NAPSE:

Demonstrates a mature throwing pattern for a modified target game such as bowling, bocce or horseshoes. (S1.M18.6)



Essential Question:

What are the strategies and techniques of bocce ball?



Warm-Ups

1. Push-ups x 10 (Do modified on your knees if needed)
 - a. 10 Second Break
2. Sit-ups x 15
 - a. 10 Second Break
3. Air Squats x 15
 - a. 10 Second Break
4. Jog around your house 2 times.



Practice:

Watch this video on the rules of bocce ball and write three key points from the video.

Video: [Bocce Ball Rules](#)

If you don't have a bocce ball set then you can use any ball that can roll well. You just need a small ball to be the pallino (target ball). An example of the smaller ball would be a ping pong ball or golf ball. You need larger ones to be the bocce balls. An example of the larger one would be a softball or baseball.



Practice:

You will now actually play the game. Refer back to the video for the rules of the game. One person will throw the smaller ball (pallino) and then you will take turns throwing the larger ball (bocce) as close as possible to win the round.

Whoever wins the round gets to throw the smaller ball (pallino) to start the new round. Play until the first person gets 5 round wins.

Don't forget to use the strategy of blocking, hitting the bocce (bigger ball) away, and hitting the pallino (smaller ball) away.



Self Assessment:

What did you do well in bocce ball?

What could you improve on in bocce ball?

How many rounds did you win?

How many rounds did you lose?

What are three things you took away from this experience?



Additional Resources:

Video: [Bocce Techniques](#)