**Adapted Physical Education Lesson Plan Ideas**

(Use the following ideas/progressions to develop or add to your lesson plans).

**Subject: Bocce**

(Special Olympics competition event)

Special Olympics Mecklenburg County offers three seasons (Fall, Winter, Spring) each with its own line-up of sports competition. This competition is open to students ages 8 and older. Physical Education (and Adapted P.E.) classes are great settings for these students to receive appropriate practice. For more information check with the EC staff in your building; the APE department of CMS or go to the Special Olympics’ website at [www.sonc.net/mecklenburg](http://www.sonc.net/mecklenburg). Special Olympics follows international rules of competition, therefore scores are measured following the metric system.

**Possible goals:**

Student will apply competent motor skills needed to perform a variety of bocce skills.

Student will understand concepts and principles that apply to the learning of bocce skills, and competing in a bocce competition.

Student will demonstrate understanding of the importance of physical activity and fitness through participation.

Student will demonstrate behavior that enhances respect for self and others.

**Links to NC Essential Standards for PE:**

MS: demonstrate locomotor skills (walk, step in-over-out); demonstrate manipulative skills (underhand throw, throw at a target).

MC: understand terminology; understand essential elements of correct form (underhand throw, throw at a target); value feedback and use of rubrics; apply principles of practice and conditioning that enhance movement performance; understand and apply game strategies.

HF: recognize/analyze fitness components; understand physiological changes and enjoyment of health enhancing activity; increase strength to throw a bocce ball.

PR: understand personal space, safety, and respect for others; use cooperation and communication skills to accomplish group goals in cooperative and competitive situations; analyze and resolve conflicts that arise in competitive activities.

(APE students are provided with means to communicate, participate, and demonstrate self-advocacy).

**Developmental events (10m. ramp; 10m; 20m):**

General Adaptations:

Students with Visual Impairment: Sound source (beeper, clapping of hands, voice) to

alert them to the place of the palina (target ball).

Use larger or bright colored (orange or yellow) ball.

Students using wheelchair or crutch/cane/walker: Any student may use a chair as

needed.

Position chair to provide for most

appropriate arm movement.

Students on the Autism Spectrum: Use the behavior modifications and

communication approach used in the classroom.

This may include picture symbols, consistency,

----- first , then -------, reward system,

carrying something, counting boards for number

of turns, etc.

All students: Be consistent so they can learn the rules that govern the competition.

Set expectations.

Be an example and participate.

Look for personal improvement and/or individualize the instruction.

10m. ramp

Setting: Area 10-12 feet wide with a target at 10m. from the start line.

ramp (usually PVC gutter) for the ball to roll down from.

3 (indoor bocce) balls, different color than the target ball.

Any smooth, hard surface such as a hallway, gym floor, side walk.

Rules: Get the bocce ball as close to the target ball as possible.

Students roll 3 balls per turn.

During competition they receive 3 non-consecutive turns of 3 balls each.

Pointers: A ball outside of the playing field is considered a dead ball.

If the target ball is hit by a bocce ball and moves, the measurements will be

taken from where the target ball is after all three balls have been thrown.

Make students aware of where the target ball is.

Ask students which ball they think is the closest.

Practice turn taking.

Allow student to be as independent as possible in placing the ball on the ramp.

Ask student if the direction of the ramp needs to be adjusted (awareness).

10m.

Setting: Same as 10m. ramp, except student rolls the ball independently from behind

the starting line.

Rules: Same as 10m. ramp.

Pointers: All throws have to be underhand.

Practice underhand throwing. Tick-tock past the knee. Foot opposition.

If all else fails the student can throw the ball underhand using both hands.

20m.

See the 10m. The differences are the use of regulation bocce balls on a regulation surface (outside on short grass, gravel, or bocce court) with the target ball at 20m.

**Team Play**

Special Olympics Mecklenburg County offers 4 person team competition. Either Special Olympics teams or Unified Bocce (2 EC and 2 gen. ed. students) teams. When not practicing for competition feel free to make any adaptations needed to make each student as successful and independent as possible.

For team playeach athlete should have the following suggested skills:

* Looks at the palina (target ball) before throwing the ball. Doesn’t just release the ball because they were directed.
* Throws the ball past the midline consistently, and ball stays in the court.
* Stays with the team and takes turns (doesn’t wander).
* Has no need for constant coaching (is actually not allowed by S.O. rules). Student makes independent decisions.

Bocce Team and Bocce Unified Team

Setting: Use of regulation bocce ball set (4 of one color, 4 of a different color, palina).

Regulation size court: 10-12 feet wide and 60 feet long, with midline and foot

foul lines. Outdoor on short grass, gravel, or bocce court.

Rules: See the Special Olympics website at [www.sonc.net](http://www.sonc.net) or contact the APE

department for competition specific rules.

Each team tries to get their color balls as close to the palina as possible.

Each team can bump the other team’s balls out of the way, or bump the palina.

Can only use underhand throws.

Pointers: For practice other balls can be used.

Court can be outlined using spray paint, chalk, or flour.

Work on control while rolling the ball.

See the adaptations at the beginning of these lesson ideas.

Set up situations on purpose to demonstrate strategy.

Practice turn taking.