

South Leicestershire SSP Presents:

Virtual

BOCCIA COMPETITION

MONDAY 1ST FEBRUARY -
FRIDAY 19TH FEBRUARY

- AIMED AT ALL KEY STAGES
- 1 INDIVIDUAL CHALLENGE
- YOU CAN TAKE PART EITHER
AT HOME OR AT SCHOOL!

AS PART OF OUR BRAND NEW
COMPETITION:

THE 
QUAD
CUP

Remember to tweet your involvement
to @LSLSSP using #THEQUADCUP21



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity



**REPRESENT YOUR AREA
IN THE QUAD CUP:**

THE 
QUAD
CUP



***ROARING TO
SUCCESS!***



***WE SOAR
ABOVE THE REST!***



***CLAWING OUR
WAY TO VICTORY!***



***WE WIN
AS A PACK!***

**Which area will take home The
Quad Cup!?**

CODE OF CONDUCT:

Participants

- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender.
- Respect the referee, umpire or officials' decisions and the rules of the game.
- Co-operate with teachers, coaches, volunteers, team mates and opponents.
- Control your temper, do you and do not criticise others by words or gesture.
- Work to the best of your ability both individually and as a team.
- Be a good sport. Recognise good play even when it comes from the other team.
- Respect the facility and equipment being used.
- Wear appropriate kit and remove jewellery before play.

Parents / Spectators

- Young people play school sport for fun.
- Applaud good performance and effort by your team and the opponents. Congratulate both teams.
- Encourage players to play by the rules and the respect the official's decision.
- Never ridicule or criticise young people for making a mistake during a competition, mistakes are part of learning.
- Condemn the use of violence in any form, be it by spectators, coaches, teachers, officials or players.
- Show respect for your team's opponents.
- Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches, teachers or officials.
- Recognise the value and importance of teachers, volunteer coaches and officials, and show your appreciation.
- Let the teacher/coach do their job, don't confuse the players by telling them what to do.
- Anyone taking photos should complete a photo consent form and wear sticker

Team Managers / Teachers / Volunteers

- Show respect to others involved in the game including your players, match officials, opposition players, coaches, managers, and spectators
- Compliment both teams on their effort, giving positive, constructive criticism.
- Be consistent, objective and courteous in calling infractions.
- Don't use inappropriate language, behaviour and violence of any form.
- Act as a positive role model, adhere to the rules and teach players to.
- Promote fair play and appropriate sports behaviour.
- Ensure that your behaviour is consistent with the principles of good sportsmanship at all times.
- Place the wellbeing and safety of a player before the development of performance
- Encourage players to value their performance and not just results
- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender
- Use common sense to ensure that the "spirit of the game" for young people is not lost by overcalling violations.

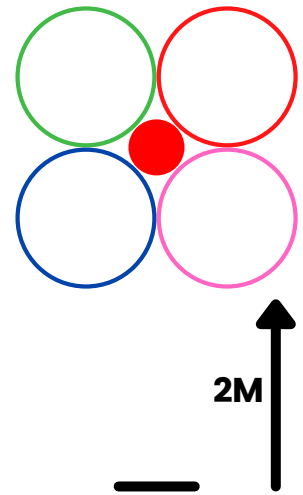
RULES & FORMATS:

FOR STUDENTS TAKING PART **AT SCHOOL:**

TARGET THROW CHALLENGE

EQUIPMENT

- 4 Hoops
- 1 cone for the centre target.
- Cones, a line or something to mark the throw line on the floor.
- 1 Chair
- Boccia Balls / Bean Bags



SET UP

- Mark out a throw line with the chair behind this line.
- From the throw line measure 2 metres then place the first two hoops down, then place the other two hoops down on the floor as show in the diagram.
- You should have a small gap in the middle to place your cone as a centre target.
- Make sure all hoops are touching the middle cone as shown in the diagram.

CHALLENGE OUTLINE

How many points can you get by throwing onto the targets?

- Each person will throw 10 Boccia balls / bean bags to see how many points they can score.
- Each person must throw these onto the targets one at a time without going over the throw line.

Point system:

- 5 points = If you land on the middle target.
- 2 points = If you land on any of the 4 target hoops.
- 1 point = If you land half on the target/ half outside of the target
- 0 points if the do not land on the targets.
- Maximum amount of points which can be scored by an individual = 50

SUBMITTING RESULTS

Have as many attempts as you wish in this challenge and submit your best score!
Please see the associated video resources to view demonstrations of each challenge.

Once you have your score for this challenge, please submit them online via the following link - [Click here to submit your results](#)

RULES & FORMATS:

FOR STUDENTS TAKING PART **AT HOME**

TARGET THROW CHALLENGE

EQUIPMENT

- 4 targets, these can be either; tea towels, A4 paper or something of a similar size.
- 1 smaller target to put in the middle. This can be; a small plate, smaller tea towel or anything you can find in your house of a similar size. These targets must be flat.
- Cones, a line or something to mark the throw line on the floor.
- 1 Chair
- Socks, each pair rolled into a ball.

SET UP

- Mark out a throw line with the chair behind this line.
- From the throw line measure 2 metres then place the first two targets down (tea towels/paper). Then place the other two targets down on the floor as show in the diagram.
- You should have a small gap in the middle to place your smaller target.
- Make sure all the targets (tea towels/paper) are touching the middle target as shown in the diagram

CHALLENGE OUTLINE

How many points can you get by throwing your socks onto the targets?

- Each person will throw 10 pairs of rolled up socks. Each person must throw these onto the targets one at a time without going over the throw line.

Point system:

- 5 points = If the socks lands on the middle target.
- 2 points = If the socks land on any of the 4 targets/tea towels/paper
- 1 point if the socks land half on the target/ half outside of the target
- 0 points if the socks do not land on the targets
- Maximum amount of points which can be scored by an individual = 50

SUBMITTING RESULTS

Have as many attempts as you wish in this challenge and submit your best score!
Please see the associated video resources to view demonstrations of each challenge.

Once you have your scores for this challenge, please submit them online via the following link - [Click here to submit your results](#)

ADDITIONAL INFORMATION:

**THE
QUAD
CUP**

- PLEASE SUBMIT YOUR RESULTS BY **FRIDAY 19TH FEBRUARY** - [CLICK HERE TO SUBMIT YOUR RESULTS](#)
- RESULTS WILL BE ANNOUNCED ON W/C 22ND FEBRUARY.
- THERE WILL BE SEPARATE SCHOOL / HOME COMPETITIONS AND PRIZES WILL BE AWARDED FOR THE WINNING SCORE IN EACH YEAR GROUP & GENDER.
- THE QUAD CUP COMPETITION IS BASED ON PARTICIPATION SO PLEASE GET INVOLVED AND HELP CONTRIBUTE TO YOUR AREA SCORE.
- REMEMBER TO TWEET YOUR INVOLVEMENT TO @LSLSSP USING THE HASHTAGS #THEQUADCUP21
- PARTICIPATION CERTIFICATES CAN BE DOWNLOADED VIA THE SLSSP WEBSITE - [CLICK HERE](#)
- TO TAKE PART IN MORE VIRTUAL BOCCIA COMPETITIONS PRODUCED BY **BOCCIA ENGLAND** - [CLICK HERE](#)

GOOD LUCK!

WHICH AREA WILL TAKE HOME THE QUAD CUP!?



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