

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Bocce Toss

Game Description:

A fun twist on Bocce Ball. All you need is bean bags or dodge balls!

Objective:

Throw or kick your ball or bean bag closest to the target.

Game Rules:

Place a bucket in the middle of the playing area. Have each child toss a bean bag towards the bucket. The child with the bean bag closest to, or in the bucket wins!

AGE:

2 to 3 years
4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)
Medium Space (Classroom, Empty Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Kick
Throw