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HEALTHY LIFESTYLE FOR ALL AGES WITH THE MASTER TEAM

ERASMUS+ SPORT PROJECT – 101090999 PROJECT RESULT BOOKLET

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Web Site: <https://masterteam.godaddysites.com>



Activity No	: 1
Activity Name	: Bocce activities with the elderly.
Start and end dates of the activity	: 23/09/2023 – 30/09/2023
Responsible for the activity	: BASL (Türkiye), OgO, (Italy), UM (Spain), AGSK (Türkiye)
Current stage and explanations	: All project partners have completed these activities.



**SETTIMANA EUROPEA
DELLO SPORT**
23-30 SETTEMBRE 2023
l'associazione di volontariato
"Oltre gli Ostacoli" o.n.l.u.s. - Benevento
organizza
**1° TORNEO PROMOZIONALE
NAZIONALE di
BOCCE PARALIMPICHE "OPEN"**
23-24 settembre 2023



Activity No : 2
Activity Name : Training Module studies A.
Start and end dates of the activity : 01/06/2023 – 30/09/2023
Responsible for the activity : BASL (Türkiye) and UM (Spain)
Current stage and explanations : Universidad De Murcia and Buca Atatürk Sports High School Directorate have completed the studies related to this section..



Activity No : 3
Activity Name : Master Team adaptation process (MTap).
Start and end dates of the activity : 01/06/2023 – 31/12/2023
Responsible for the activity : BASL (Türkiye), OgO, (Italy), UM (Spain), AGSK (Türkiye)
Current stage and explanations : Project partners have formed "Master Team"s and finalised the preparatory work of the teams.



Activity No : 4
Activity Name : Seminar.
Start and end dates of the activity : In December 2023
Responsible for the activity : BASL (Türkiye), OgO, (Italy), UM (Spain), AGSK (Türkiye)
Current stage and explanations : The project partners carried out the Seminar activities and sent their information and photos to the project coordinator.



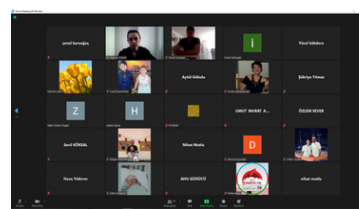
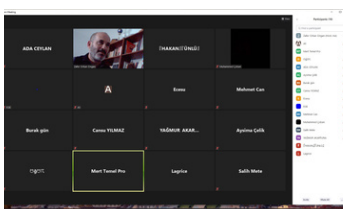
Activity No
Activity Name
Start and end dates of the activity
Responsible for the activity
Current stage and explanations

: 5
: Workshop.
: In February 2024
: BASL (Türkiye), Ogo, (Italy), UM (Spain), AGSK (Türkiye)
: The project partners carried out the Workshop and sent their information and photos to the project coordinator.



Activity No
Activity Name
Start and end dates of the activity
Responsible for the activity
Current stage and explanations

: 6
: EWE (Exercise with the elderly) and Training Module studies B.
: 01/10/2023 - 31/03/2024
: BASL (Türkiye) and UM (Spain)
: The partners completed this activity.



Activity No

Activity Name

Start and end dates of the activity

Responsible for the activity

Current stage and explanations

: 7

: Bocce activities with the elderly.

: 23/09/2024 - 30/09/2024

: BASL (Türkiye), OgO, (Italy), UM (Spain), AGSK (Türkiye)

: Project partners organized bocce and exercise activities on 23-30 September 2024 within the scope of European Weeks of Sport.



Master Team ile Aktif Ol!

"Healthy Lifestyle for All Ages with The Master Team" (101090999) isimli proje kapsamında, yerel "Master Team" koordinatörü Aysel Ongan eşliğinde 50 yaş ve üzerindeki kadınlar için egzersiz etkinliği

- Tarih: 26 Eylül 2024
- Saat: 08:30 - 10:30
- Yer: Altın Kent Sitesi, Fener-Altınoluk
- Organizasyon: Aktif Spor Kulübü
- İletişim: aktifgncik@gmail.com

EUROPEAN WEEK OF SPORT
#BEACTIVE
23 - 30 September



Azınlık Birliği tarafından ortak finansman edilmektedir



Activity No

Activity Name

Start and end dates of the activity

Responsible for the activity

Current stage and explanations

: 8

: EPAG (Exercise program for all ages).

: 01/01/2024 - 31/10/2024

: BASL (Turkiye), OgO, (Italy), UM (Spain), AGSK (Turkiye)

: The project partners organized various planned activities within the scope of EPAG.



Activity No : 9
Activity Name : Training Module studies C.
Start and end dates of the activity : 01/04/2024 – 31/07/2024
Responsible for the activity : BASL (Türkiye) and UM (Spain)
Current stage and explanations : The training module work was completed by Spanish and Turkish partners with the support of staff from the University of Murcia and Buca Atatürk Sports High School. Other partners also actively contributed to the process.



Activity No : 10
Activity Name : Local sports clubs transformation activities and the "Master Team Awards".
Start and end dates of the activity : 01/11/2023 – 31/10/2024
Responsible for the activity : BASL (Türkiye), OgO, (Italy), UM (Spain), AGSK (Türkiye)
Current stage and explanations : The project partners carried out their work for the "Master Team" award in line with the criteria determined for local stakeholders.



Activity No : 11
Activity Name : Local synergy and development activities
Start and end dates of the activity : 01/06/2023 – 31/10/2024
Responsible for the activity : BASL (Türkiye), OgO, (Italy), UM (Spain), AGSK (Türkiye)
Current stage and explanations : The project partners also completed these activities.



Activity No : 12
Activity Name : InEWE (International network of exercise with the elderly).
Start and end dates of the activity : 01/06/2023 – 31/10/2024
Responsible for the activity : BASL (Türkiye), AGSK (Türkiye)
Current stage and explanations : The project's social media accounts are actively published.

Facebook: www.facebook.com/masterteam35
Instagram: www.instagram.com/masterteam_35
X: @MasterTeamBuca



Activity No : 13
Activity Name : Monitoring Group Activities.
Start and end dates of the activity : 01/06/2023 – 31/10/2024
Responsible for the activity : BASL (Türkiye), OgO, (Italy), UM (Spain), AGSK (Türkiye)
Current stage and explanations : Each project partner included 5 volunteers from the project's direct target groups in the "monitoring group". The monitoring group worked in coordination with a project manager from the partner organization through a representative they selected from among themselves. The group delivered reports on monitoring activities to the project partners.



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Examples of other exercise and sports activities of the project



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Examples of the project's social activities



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Examples of educational activities for elderly participants



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Master Team

Healthy Lifestyle for All Ages with the Master Team

Erasmus+ Sport - Small-Scale Partnerships Project- 101090999

- TRAINING MODULE -

With practical session examples



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UNIVERSIDAD
DE MURCIA



Associazione di Volontariato
“OLTRE GLI OSTACOLI – o.n.l.u.s.”
BENEVENTO

Healthy Lifestyle for All Ages with The Master Team (Master Team)
Project No: 101090999 – ERASMUS-SPORT-2022-SSCP

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INTRODUCTION

Physical activity in older adults is essential for maintaining good physical and mental health, preventing chronic diseases and improving quality of life at this stage of life. It is essential that active participation in exercise programmes tailored to individual abilities and supervised by health professionals is encouraged and promoted.

Physical exercise is a fundamental component in maintaining and improving health and quality of life in older adults. With ageing, changes occur in the body that affect different aspects such as muscle mass, bone density, flexibility and cardiovascular capacity. These changes can lead to a decrease in physical functionality and increase the risk of chronic diseases, falls and loss of independence. However, regular and adequate physical activity can counteract these effects and provide a wide range of physical and mental health benefits in this population.

The World Health Organization (WHO) highlights the importance of physical activity for older adults. According to the WHO, older adults should participate in at least 150 minutes of moderate-intensity aerobic physical activity during the week, combined with muscle-strengthening exercises on two or more days a week. This approach is based on scientific evidence demonstrating the significant benefits of physical activity in this population (WHO, 2010). Regular physical activity helps to improve functional capacity, mobility, coordination and balance, which is essential for maintaining independence and quality of life in older age.

Physical exercise in older adults has a number of well-established benefits, including improvements in cardiovascular health, muscle strengthening, increased bone density, improved mental health and emotional well-being, diabetes control, and reduced risk of falls and bone fractures (Nelson et al., 2007).

In addition, adequate physical exercise can also reduce the incidence of common chronic diseases in older adults, such as type 2 diabetes, hypertension, osteoporosis and depression (WHO, 2010). In addition, it can help control body weight, improve joint health and reduce the risk of cognitive decline and dementia (Nelson et al., 2007).

BENEFITS OF PHYSICAL ACTIVITY FOR OLDER PEOPLE

Physical activity in older people has numerous physical, mental and emotional health benefits. These benefits underline the importance of encouraging physical activity in the older population to promote healthy ageing and improve their quality of life.

Numerous studies support the importance of physical activity in older people to improve their health and quality of life in various aspects. It is important to tailor physical activity to individual abilities and to consult with a health professional before starting any exercise programme, especially in older people with pre-existing medical conditions.

1. Improved cardiovascular health and reduced risk of cardiovascular disease:

Physical activity in older adults improves cardiovascular health by strengthening the heart, improving blood circulation, lowering blood pressure and lowering cholesterol levels. It has also been shown that even a moderate exercise programme can significantly reduce the risk of cardiovascular disease in older adults (Nelson et al., 2007). In addition, regular physical activity reduces the incidence of cardiovascular disease and its risk factors, which is crucial for the long-term health of older adults.

2. Muscle strengthening and improved physical functioning: Physical activity, including strength and endurance exercises, helps to improve muscle mass, strength and physical functioning in older people. This is essential for maintaining independence in daily activities and preventing disability associated with ageing (Cadore et al., 2013). Muscle strengthening can also reduce the risk of falls and improve quality of life by enabling optimal mobility.

3. Improved mental health and emotional well-being: Physical activity is linked to significant improvements in the mental health and emotional well-being of older people. It also helps to reduce stress, anxiety and depression, as well as improve self-esteem and sleep quality (Netz et al., 2005). Participation in physical activity programmes, such as group classes or outdoor exercise, also promotes socialisation and social interaction, which is beneficial for mental health in this population.

4. Reduced risk of falls and bone fractures: Physical activity that includes balance, coordination and muscle strengthening exercises helps reduce the risk of falls and bone fractures in older people. These exercises improve stability and coordination, which are key to preventing falls and their consequences in this population (Gillespie et al., 2012). Reducing the risk of falls is critical to maintaining quality of life and independence in older adults.

5. Diabetes management and improved metabolism: Regular physical activity is crucial for the management of diabetes in older adults. Physical activity also contributes to the regulation of blood glucose levels, improves insulin sensitivity and facilitates the maintenance of a healthy body weight (Umpierre et al., 2011). Aerobic and resistance exercise are particularly effective in managing type 2 diabetes and improving metabolic health in this population.

6. Increasing bone density and preventing osteoporosis: Physical activity, especially weight-bearing and resistance exercise, stimulates increases in bone density and helps prevent osteoporosis in older people. These exercises strengthen bones and reduce the risk of fractures, promoting bone health as we age (Howe et al., 2011). Adequate maintenance of strong, healthy bones is essential for mobility and quality of life in later life.

RECOMMENDATIONS FOR PHYSICAL ACTIVITY FOR OLDER ADULTS

Safe and effective physical activity is essential for older adults. Below are some recommendations that can help older adults incorporate physical activity into their routine in an appropriate manner:

1. Prior medical consultation: Before beginning any exercise programme, it is crucial that older adults consult their physician to assess their health status and receive personalised recommendations (Nelson et al., 2007).

- 2. Tailored programme design:** The exercise programme should be tailored to the individual capabilities and needs of each older person, taking into account their fitness level, abilities and medical conditions (American College of Sports Medicine et al., 2009).
- 3. Include strength and balance exercises:** Working strength and balance exercises together is essential to improve functionality and prevent falls in older people (Sherrington et al., 2017).
- 4. Moderate-intensity aerobic exercise:** Moderate-intensity aerobic activity, such as walking, swimming or cycling, should be included to improve cardiovascular health and endurance (Nelson et al., 2007).
- 5. Encourage daily physical activity:** The promotion and inclusion of physical activity in daily life, such as climbing stairs, doing housework or gardening, to increase activity levels in a sustainable way (Hallal et al., 2012).
- 6. Constant monitoring and adjustment:** It is important to monitor progress, adjust the programme as needed and maintain motivation and adherence over the long term (Chodzko-Zajko et al., 2009).

BOCCIA

Boccia is a precision sport that originated in Ancient Rome and has evolved over the centuries. The term "boccia" derives from the Latin "bottia" or "bottica", which translates as "ball" or "small ball", and has been documented since the 5th century. It was originally a game played by soldiers with stones or metal balls. Over the years, the game was refined and leather balls replaced the stones.

In the 19th century, boccia became popular in Italy and spread to other European countries, becoming a popular sport. Over time, rules and standards for competitive practice were established, consolidating its position as a recognised sport.

However, the biggest transformation came in the second half of the 20th century when boccia evolved to include people with physical disabilities. In the 1970s, modern rules were established and the International Boccia Federation (BISFed) was founded in 1984.

Boccia was included in the Paralympic Games for the first time in New York in 1984 and has been a prominent Paralympic sport ever since. Boccia, a sport of precision and strategy, has proven to be a highly beneficial game for seniors.

Boccia is not only a competitive sport; it is also very popular as a recreational activity in parks, clubs and family gatherings. It can be played by people of all ages and abilities, making it a very inclusive sport.

Today, boccia has established itself as an inclusive, challenging and exciting sport that is played all over the world, both recreationally and in Paralympic competitions, offering opportunities for active participation and health promotion.

BOCCIA RULES

Boccia is a sport played by both people with and without physical disabilities. In Paralympic competitions, athletes have different classes according to their functional ability, and this ensures that the competition is fair and equitable.

Competitions are held in local, national and international tournaments. The Paralympic Games are the most prominent competition for boccia at international level, and there are also world and continental championships. Competitions include both individual and team competitions, and teams may consist of one, two or three players.

Some important aspects of the game of boccia to consider are:

- Boccia is played on an indoor court where players attempt to throw leather balls as close as possible to a cue ball called a jack.
- The game takes place on a rectangular court, and each player or team has six balls, with a jack as a target. The aim is to place the balls as close as possible to the jack.
- The jack is thrown first, and then the players alternate throws to try to get their balls as close to the jack as possible and the opponent's balls as far away as possible.
- Scoring: At the end of each round, points are awarded for balls that are closer to the jack than the opponent's balls.
- The game consists of several rounds and the player or team with the most points at the end wins.

HOW TO WORK ON BOCCIA FOR OLDER ADULTS

To adapt boccia for seniors, considerable adjustments can be made. It is crucial to have lighter balls to reduce physical exertion, especially for those with muscle weakness. The throwing distance can also be reduced to make it more achievable. In addition, incorporating technical aids, such as throwing ramps, and allowing for assistance from a helper can facilitate active and successful participation in the game.

Boccia also promotes social interaction, physical exercise and improved coordination and concentration in older people (Brito et al., 2020). By adapting the rules and providing a pleasant environment, it can be ensured that older people fully enjoy the physical, mental and social benefits of boccia.

The proper protocol to follow when starting boccia with older adults is as follows:

- 1. Initial assessment:** Before beginning any training programme, it is essential to conduct an assessment of the health and physical condition of each older person. This will allow the programme to be tailored to meet their individual needs and limitations (Ostir et al., 2002).
- 2. Warm-up:** Warming up is essential to prepare the body before physical activity. It includes joint mobility exercises, dynamic stretching and gentle breathing exercises (Taylor et al., 2008).
- 3. Technique and basic skills:** Proper teaching of technique is essential in boccia. Time should be spent understanding and practising the techniques of throwing, direction and control of the ball into the jack (Brito et al., 2020).
- 4. Accuracy drills:** Specific drills can be designed to improve throwing accuracy. For example, placing obstacles on the court to simulate real game situations and improve dexterity and accuracy (Fragoso et al., 2021).
- 5. Muscle strengthening:** Muscle strengthening is essential to improve boccia performance. Exercises to strengthen the muscles of the arms, shoulders, back and

abdomen should be included, as these muscles are vital for accurate and powerful throwing (McVeigh et al., 2015).

6. Flexibility and mobility: Stretching and mobility exercises are essential to maintain good range of motion in the joints and prevent injury. This is crucial for proper movement during throwing and movement on the court (Petrella et al., 2005).

7. Practical play: Integrating practical game sessions is crucial to apply the acquired skills. Simulated games should be organised for participants to practice strategies, coordination and decision-making in real situations (Brito et al., 2020).

8. Focus on fun and well-being: Maintaining a positive environment, where fun and active participation are at the centre, is essential. Celebrating achievements and encouraging socialisation and enjoyment of play are key aspects of participants' well-being and motivation (Hawkins & Caldwell, 2011).

By applying the above principles, an effective and safe training programme can be created for older adults who wish to practice boccia, thereby promoting an improvement in their quality of life and well-being.

BENEFITS OF BOCCIA FOR OLDER ADULTS

Boccia, a sport of precision and strategy that originated in Italy, has a number of psychological benefits that can improve the mental health and well-being of participants. These benefits make boccia not only a physical exercise, but also an activity that nourishes the mind and contributes to a better quality of life.

1. Stress and Anxiety Reduction: Regular boccia practice can help reduce stress and anxiety by promoting the release of endorphins, hormones that act as natural painkillers and feel-good generators. Physical exercise involving boccia also helps to relieve pent-up tension and relax the body and mind (Stubbs et al., 2017).

2. Mental Stimulation and Concentration: Boccia requires a high degree of concentration and strategic planning to achieve accurate throws. This constant focus stimulates the mind, improving mental agility, concentration skills and hand-eye

coordination. These mental skills are essential for both the game and everyday life (Fragoso et al., 2021; Voelcker-Rehage et al., 2010).

3. Fostering Resilience: Boccia can contribute to the development of psychological resilience by facing challenges and difficulties during play. Learning to cope with the pressure of competition and to persist despite defeats strengthens emotional resilience, helping players to overcome adversity in everyday life (Fragoso et al., 2021; Southwick et al., 2016).

4. Increased Self-Esteem: Participating in boccia and improving in the game can have a positive impact on self-esteem and self-confidence. By achieving goals and improving their skills, players gain a sense of achievement and recognition, which influences greater confidence in their abilities (Fragoso et al., 2021; McAuley et al., 2000).

5. Socialisation and Sense of Community: Boccia encourages social interaction and the establishment of meaningful relationships, especially when played as a team. This social interaction can provide a sense of community and emotional support, thus enhancing the psychological well-being of participants (Fragoso et al., 2021; Haslam et al., 2016).

6. Motivation and Personal Goals: Setting personal and challenging goals in boccia practice can increase players' intrinsic motivation. By pursuing and achieving these goals, players experience a greater sense of satisfaction and commitment to the activity, which contributes positively to their psychological well-being (Fragoso et al., 2021; Deci & Ryan, 2000).

7. Improved Mood: Regular physical activity such as boccia is known to have a positive impact on mood. The release of endorphins during practice can improve mood, reduce feelings of sadness and contribute to an overall sense of well-being and happiness (Fragoso et al., 2021; Asmundson & Wenzel, 2012).

PRACTICE SESSIONS

In a series of 24 boccia sport sessions, each one designed to enhance the player's skills, one finds a unique blend of warm-ups, skill-focused games, competitive matches, and cool-downs. Our elders will embark on a journey of self-improvement, where every 30-minute session unfolds a new challenge aimed at refining their precision and strategic thinking.

As our participants progress through the program, they encounter a variety of skill games, each targeting a different facet of boccia. From the accuracy-demanding "Target Rings" to the tactical "Jack Attack", the sessions cater to a broad spectrum of abilities, ensuring inclusivity and growth for all involved.

The warm-ups serve to prime the player's body and mind, enhancing mobility and concentration. The heart of each session lies in the skill games, where enjoyment intersects with self-challenge, allowing the player to hone their technique and control. The matches provide an arena to apply these skills in a convivial yet competitive environment, while the cool-downs offer a moment of relaxation, leaving the player with a sense of achievement.

This boccia program is more than just a series of exercises; it is a voyage towards mastery, where each roll of the ball is a step closer to excellence.

We have developed a method or training/gaming plan, like a skeleton, through which we have articulated our 30' sessions. This is how it looks like:

Warm-Up (5 minutes): Starting with gentle stretching and mobility exercises to prepare the body for activity.

Skill Game (10 minutes): Introducing a new game each session that focuses on developing a specific skill, such as precision throwing or strategy.

Match (10 minutes): Playing short matches applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.

Cool Down (5 minutes): Finishing with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.

For the skill games, we will include activities like target practice with varying distances, obstacle courses that require maneuvering the ball around barriers, or precision drills where players must land the ball in specific zones.

Remember, the key to a successful program is to ensure that each game is fun, promotes skill development, and includes all participants. We try to keep the sessions dynamic and adjust the difficulty as the players improve.

SESSION 1

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, different sized floor rings or chalk.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Target Rings (10 minutes):

Set up rings of different sizes and assign point values based on difficulty. Players score points by landing their balls within these rings.

Position: players must be at least 1.5m from the target.



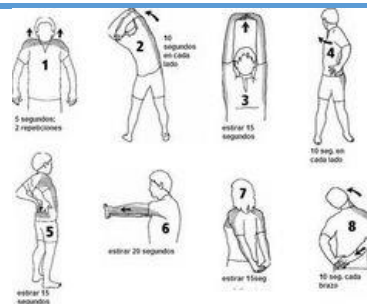
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 2

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls with different colors, different sized floor rings or chalk.

Warm-Up (5 minutes):

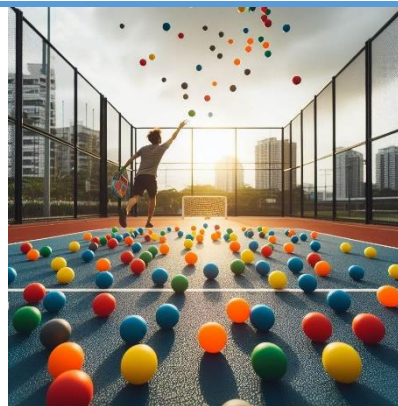
Start with gentle stretching and mobility exercises to prepare the body for activity.



Color Match (10 minutes):

Scatter colored balls on the court. Players must match their throw to the same colored target ball.

Position: players must be at least 1.5m from the target.



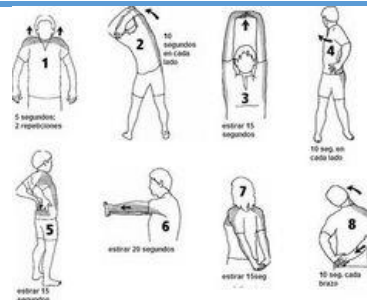
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 3

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings or chalk, small target balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Knockout (10 minutes):

Place a ball within a marked area. Players take turns trying to knock it out with their throws.

Position: players must be at least 1.5m from the target.



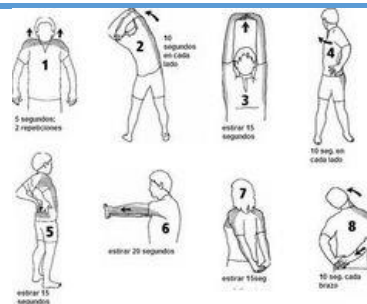
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 4

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings or chalk, small target balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Precision Series (10 minutes):

Set up multiple targets at varying distances. Players aim to land their ball as close as possible to each target.

Position: players must be at least 1.5m from the target.



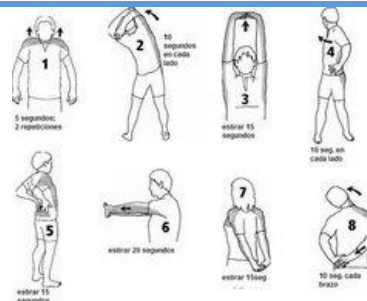
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 5

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings or chalk, small target balls.

Warm-Up (5 minutes):

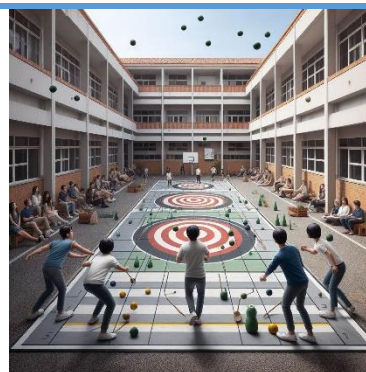
Start with gentle stretching and mobility exercises to prepare the body for activity.



Precision Series (10 minutes):

Set up multiple targets at varying distances. Players aim to land their ball as close as possible to each target.

Position: players must be at least 1.5m from the target.



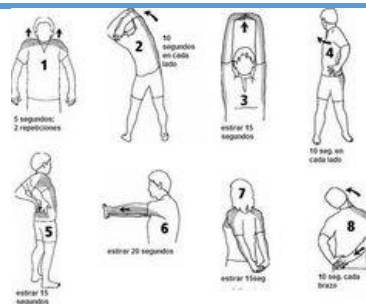
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 6

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor ladder, small target balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Ladder Drill (10 minutes):

Lay a ladder flat and number each rung. Players aim to get their balls to land within the rungs for points.

Position: players must be at least 1.5m from the target.



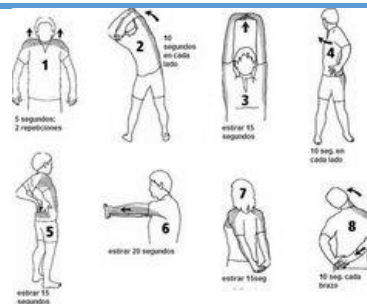
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 7

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor ladder, small target balls.

Warm-Up (5 minutes):

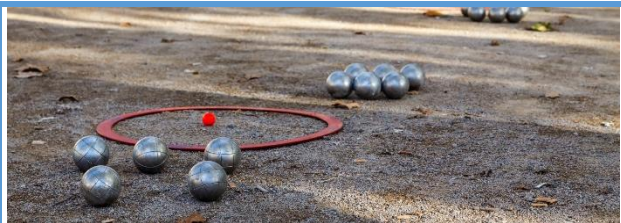
Start with gentle stretching and mobility exercises to prepare the body for activity.



Knockout (10 minutes):

Place a ball within a marked area. Players take turns trying to knock it out with their throws.

Position: players must be at least 1.5m from the target.



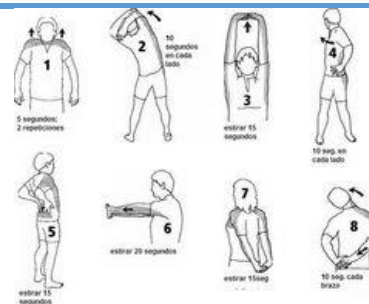
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 8

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings or chalk, small target balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Weighted Throws (10 minutes):

Play a regular game using balls that are slightly heavier than standard to challenge players' strength and control.



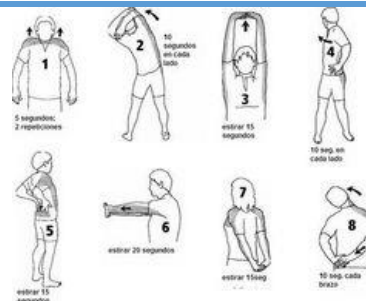
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 9

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings or chalk, small target balls.

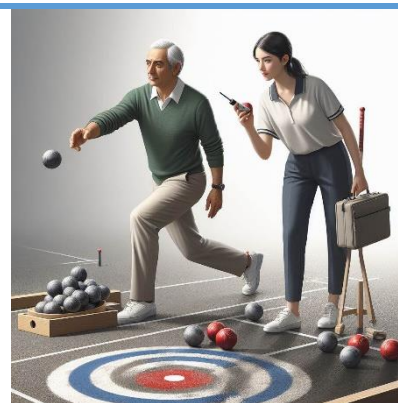
Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Timed Trials (10 minutes): Set a timer and challenge players to land as many balls as possible within a target area before time runs out.

Position: players must be at least 1.5m from the target.



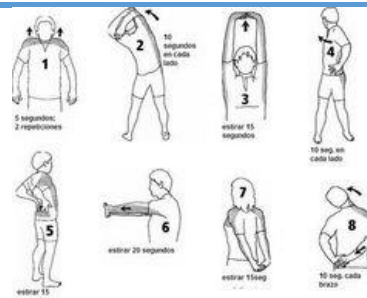
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 10

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings or chalk, small target balls and blind fold.

Warm-Up (5 minutes):

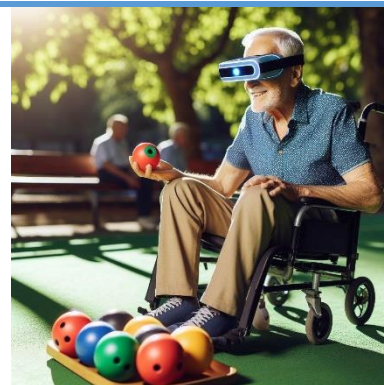
Start with gentle stretching and mobility exercises to prepare the body for activity.



Blind Throws (10 minutes):

Players wear blindfolds to enhance their spatial awareness and focus on the feel of their throws.

Position: players must be at least 1.5m from the target.



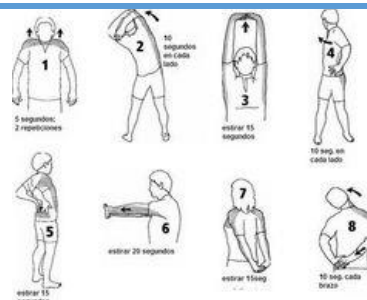
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 11

- **Main objective:** introduction to bocchia, physical activity and development of aim.
- **Material:** boards with a hole in the middle, mini sandbags, bocchia material.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



CornHole (10 minutes):

Players will try cornhole for the first time.
Position: players must be at least 1.5m from the target.



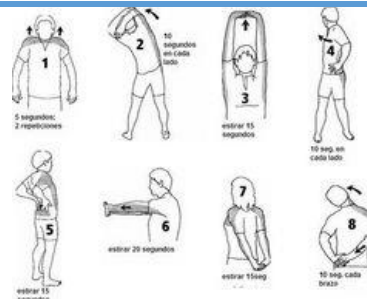
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 12

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings or chalk, small target balls and blind fold.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Ricochet Shots (10 minutes):

Encourage players to use the curb to bounce their balls into a designated target zone.

Position: players must be at least 1.5m from the target.



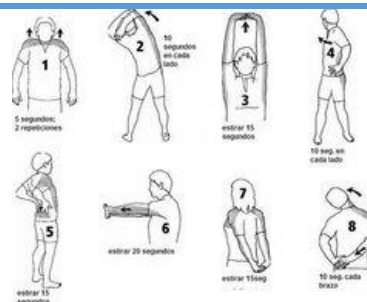
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 13

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings, cones, small target balls.

Warm-Up (5 minutes):

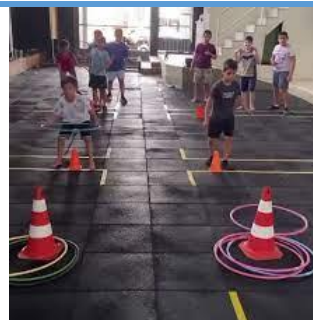
Start with gentle stretching and mobility exercises to prepare the body for activity.



Ring It (10 minutes):

Try to put the rings through the cones

Position: players must be at least 1.5m from the target.



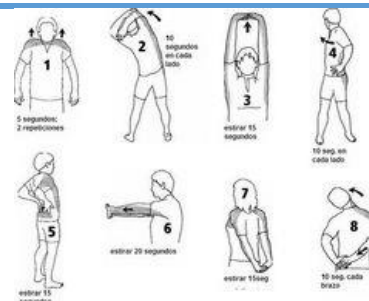
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 14

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings, cones, small target balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Distance Control (10 minutes):

Mark the court with distances. Players practice controlling their throw to stop the ball at these marks.



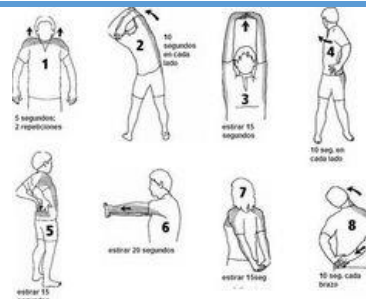
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 15

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings, cones, small target balls.

Warm-Up (5 minutes):

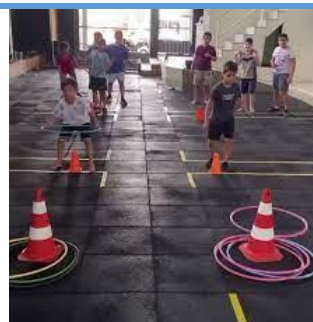
Start with gentle stretching and mobility exercises to prepare the body for activity.



Ring It (10 minutes):

Try to put the rings through the cones. The team that makes all their rings through their cones wins a set,. Until the best of three.

Position: players must be at least 1.5m from the target.



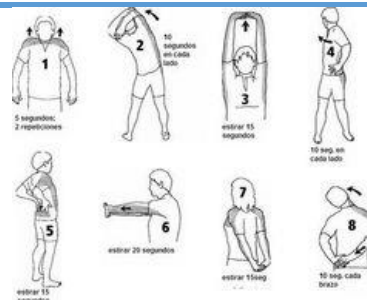
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 16

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, floor rings, cones, small target balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Jack Attack or PETANQUE (10 minutes):

Focus on the jack ball. Each player tries to get their ball closest to the jack with each throw.



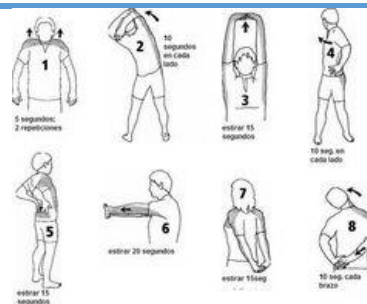
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 17

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, pins, bowling balls, small target balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Bolos Cartageneros (10 minutes):

Cartageneros bowling is played with six pins placed in a row in the center of the board, and players aim to knock them down by throwing a ball from behind a throw line. The goal is to knock down all the pins, and the player who knocks down the last pin is the winner.



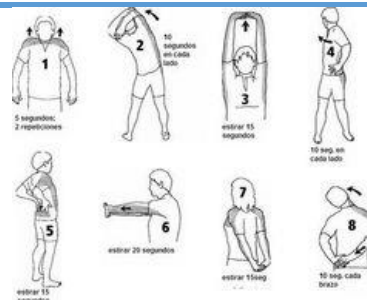
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 18

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, cones, floor rings, small target balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Ring the triangle (10 minutes):

Try to put the rings through the cones. The team that puts all their rings through the cone triangle wins a set. Until the best of three.

Position: players must be at least 1.5m from the target.



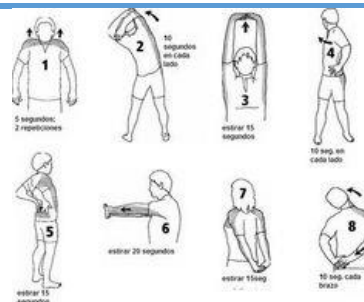
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 19

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, cones, pins, small target balls, foam balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Knock down the pins (10 minutes):

Three to four pins will be placed upon a structure and the participant will have 4 attempts to knock them down. Games will go until the best out of 3 sets.

Material: foam ball, pins

Position: players must be at least 1.5m from the target.



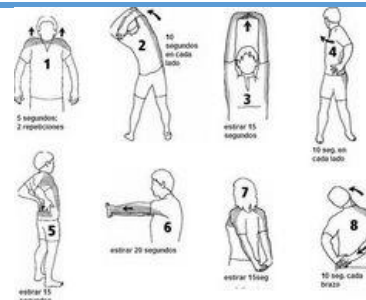
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 20

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia balls, cones, floor rings, benches, foam balls.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



Bowling (10 minutes):

In groups of 4, our participants will play a bowling game. The only requirement is that they must throw the ball in a boccia style. Position: players must be at least 1.5m from the target.



1,181 x 667

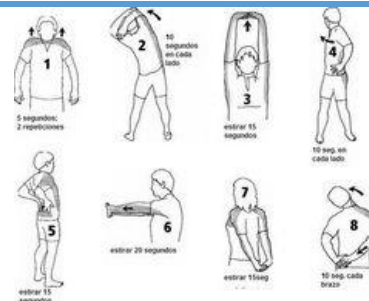
Match (10 minutes):

Play a short match applying the skills learned. This could be a singles, pairs, or team match depending on the number of participants.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 21

- **Main objective:** boccia competition, physical activity and development of aim.
- **Material:** Boccia material.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



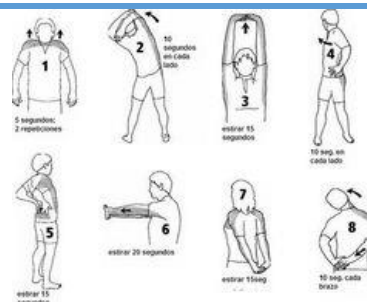
Match (20 minutes):

Play a short match applying the skills learned. They will play single games up to 5 points, and they will rotate between each other.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 22

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia material.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



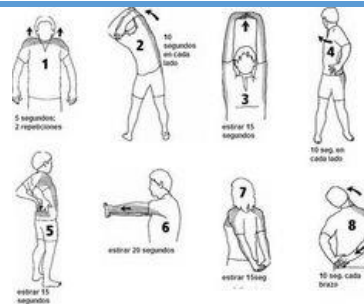
Match (20 minutes):

Play a short match applying the skills learned. They will play pairing games up to 5 points, and they will rotate between each other.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 23

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia material.

Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



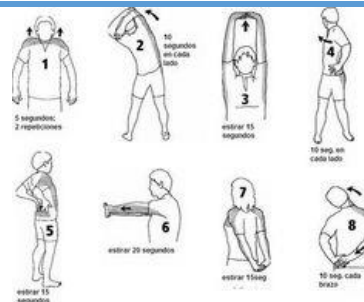
Match (20 minutes):

Play a short match applying the skills learned. They will play pairing games (this time changing couplings) up to 5 points, and they will rotate between each other.



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



SESSION 24

- **Main objective:** introduction to boccia, physical activity and development of aim.
- **Material:** Boccia material.

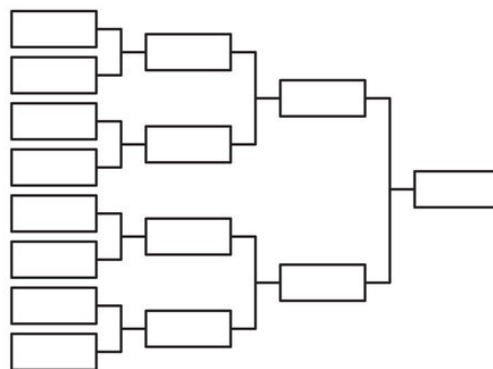
Warm-Up (5 minutes):

Start with gentle stretching and mobility exercises to prepare the body for activity.



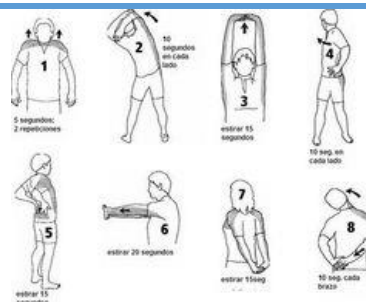
Match (20 minutes):

They will play a tournament style competition in single matches up to 5 points



Cool Down (5 minutes):

Finish with a cool-down period consisting of light stretching to relax the muscles and prevent soreness.



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