



Unified PE

Introduction
to Bocce

Agenda

What are we doing today?

- Learning Goals
- Skills: Bocce Grip & Underhand Roll
- Warm-up: Darebee Can't Stop Me Now!
- Activity for Home: Underhand Roll Practice
- Activity: Family Feud Fitness (Version 2)
- Cool Down: Darebee Unplugged

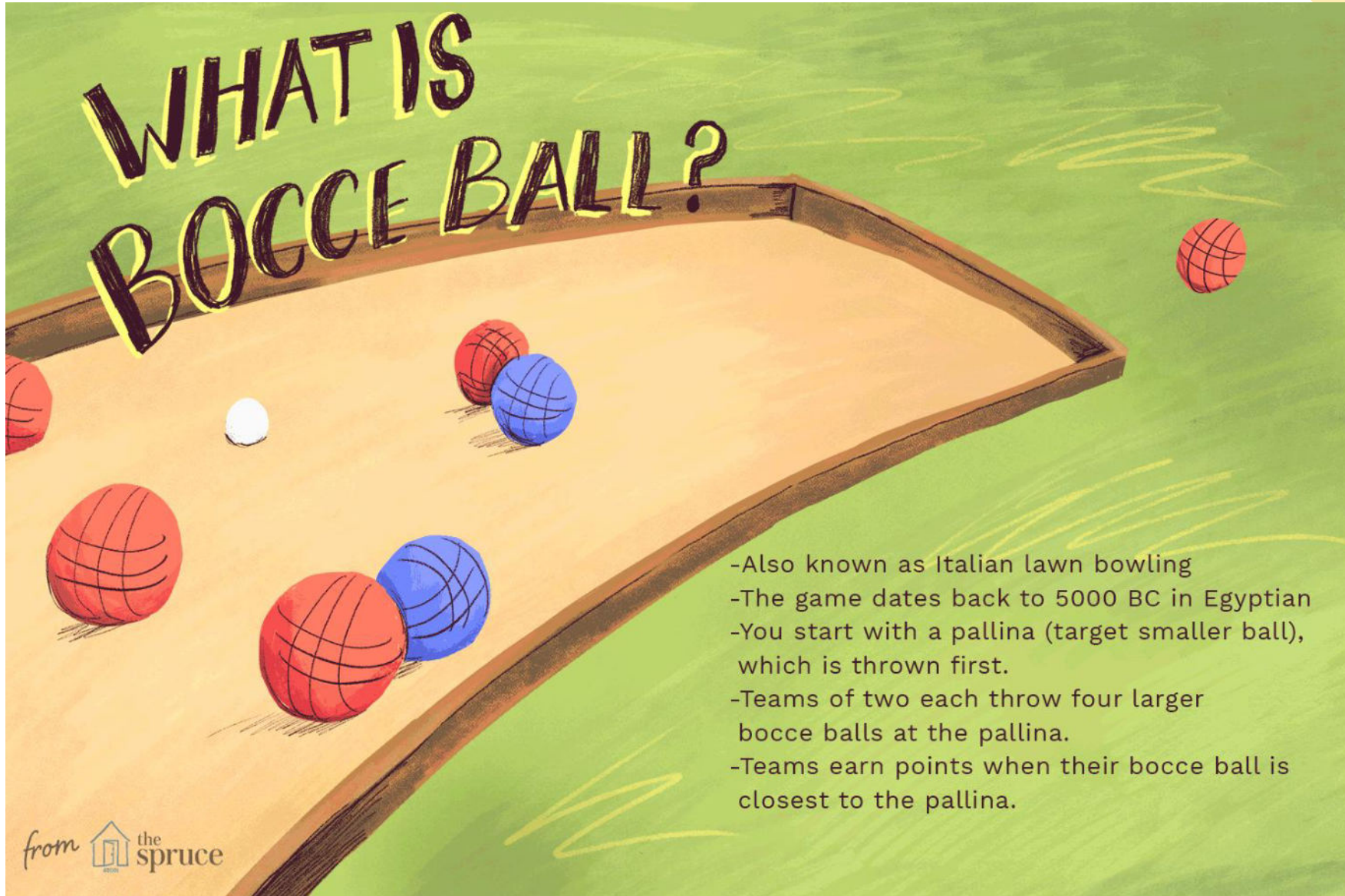
What's Due?

- Nothing 😊

Learning Goals

- I can work hard at home and in school to improve my physical fitness
- I can hold a bocce ball with the correct grip
- I can demonstrate rolling a bocce ball with correct form





WHAT IS BOCCE BALL?

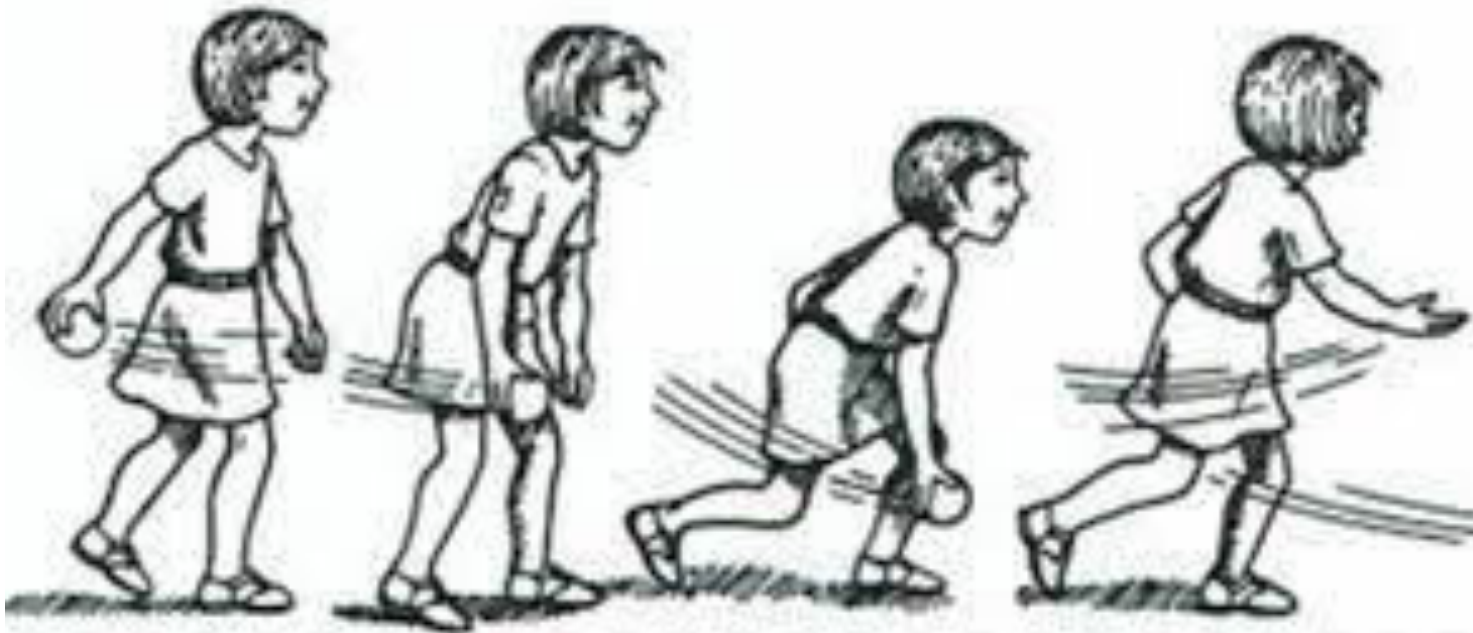
- Also known as Italian lawn bowling
- The game dates back to 5000 BC in Egyptian
- You start with a pallina (target smaller ball), which is thrown first.
- Teams of two each throw four larger bocce balls at the pallina.
- Teams earn points when their bocce ball is closest to the pallina.

Skill: Bocce Grip

- Steps:
 - Pick up the bocce ball and bring to waist level
 - Ensure ball is sitting in palm of hand
 - Ensure fingers are spread evenly across bottom of ball
 - Thumb is used to hold ball in place, not as a pressure point
 - Slightly close all fingers evenly around the ball



Skill: Underhand Roll



- Cues:
 - Athletic stance – feet shoulder-width apart; knees slightly bent; equal weight distribution
 - Grip – ball resting in palm, fingers spread evenly across bottom of the ball
 - Backswing – arm swings straight back, close to body
 - Arm Swing – smoothly bring arm straight forward, transfer weight to front foot
 - Release

CAN'T STOP ME NOW!

DAREBEE WORKOUT

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 jumping jacks



4 shoulder taps



10 seal jacks



4 shoulder taps



10 side jacks



4 shoulder taps

Warm-up: Darebee - Can't Stop Me Now!

- Complete the following exercises 2x:
 - 10 Jumping Jacks
 - 4 Shoulder Taps
 - 10 Seal Jacks
 - 4 Shoulder Taps
 - 10 Side Jacks
 - 4 Shoulder Taps

Activities to practice: Underhand Roll

- Target Practice – set various heavy targets out at different distances. Practice rolling the ball/sock-ball and trying to get as close to the target as possible
- [Underhand Roll to a Target](#)
- [Water Bottle Bowling](#)





Activity: Family Feud Fitness (Version 2)

- **Directions:**
Choose the exercise that matches what you think would be a top 3 answer. See how many you can get right!
- [Family Feud Fitness \(Version 2\)](#)

Cool Down: Darebee Unplugged

Go through each
exercise 2x

UNPLUGGED

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 chest expansions



10 shoulder stretches



20 side leg raises



10 back rotations



10 back arches



10 cat stretches



10 supermen



10 body folds



10 bridges