



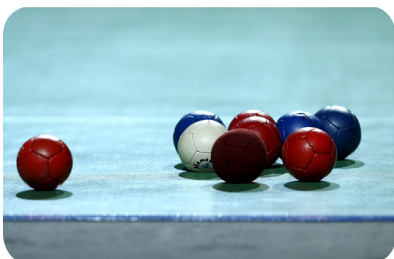
Theme 2: Para sport

Unit 4: Let's play the Para sport of boccia

Boccia

Boccia is a game of strategy and accuracy that was originally designed to be played by people with cerebral palsy. Now, the sport includes athletes with impairments that affect motor skills.

It is a target or precision sport related to the games of bowls and pétanque. The aim of the game is to score as many points as possible by throwing, kicking or using a ramp to propel balls onto a court and getting closest to a target ball known as the 'jack'. The game requires focus, concentration and pinpoint accuracy.



Boccia balls



Aiming to get the balls
close to the jack



Rolling



Tossing



Throwing



Using ramps or chutes
to propel the ball

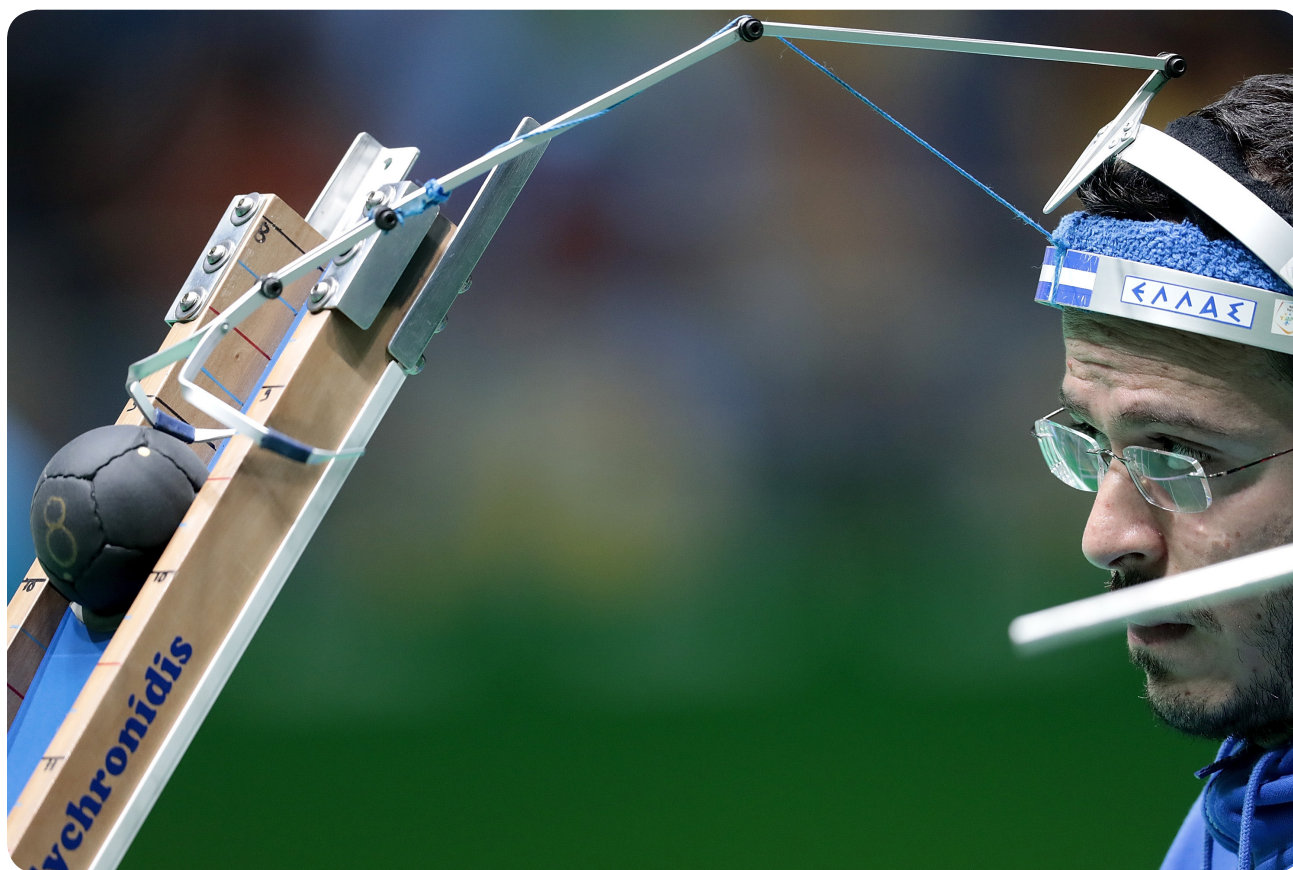
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Engaging young people with the Paralympic Movement

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Athlete case study



Hi, I'm Grigorious Polychronidis. I live in Greece. I play the Para sport of boccia.

My muscles are very weak so I roll the boccia balls down a ramp.

I use a pointer on my headgear to start the ball moving.

I have competed and won a medal at every Paralympic Summer Games since 2008.

I was honoured to be my country's flagbearer at the Rio 2016 Opening Ceremony.