

Bocce Ball

W3 - I can plan for and engage in target games.



[Moose Jaw Lawn Bowling Club](#)

Step 1: Watch the following video to learn how to play Bocce Ball:

<https://www.youtube.com/watch?v=mkZTIXKOnbc>

Hand-eye coordination

Feel free to find more videos to learn more about the sport!

Step 2: Practice! You need to spend time working on these specific skills.
Track your progress on your activity logbook!

Step 3: Video yourself completing **3 different pickleball skills**. For example, if you have been practicing the backhand groundstroke you should video yourself completing **5 proficient** backhand groundstrokes.

OR

Complete a reflection of the activity (below)

Activity Reflection

1. What were some essential skills/actions for this activity?

2. Were there any tactics or movement principles to keep in mind while doing this activity?

3. What was a goal you had when doing this activity? How did you try to achieve this?

4. What is a tip you would give to someone trying out this activity?