

**Find out about adapted sport Boccia**

Boccia is an adapted sport, and is also played at the Paralympics. It is similar to French boules, or lawn bowls, and has its origins in ancient Egypt and ancient Greece.

The sport was first designed for people with cerebral palsy, but is now played at the Paralympics by athletes with any kind of neurological impairment which affects their motor function. It was first played at the Paralympics at New York 1984.

Boccia, which means ‘ball’ in Italian, is a target sport which challenges muscle control and accuracy. You play in a seated position and propel red, or blue, balls to land as near a jack (a smaller, white marker ball) as possible.

Two sides compete for points, either in pairs or as larger groups. Balls can be rolled down a ramp, thrown, or kicked in. And people use head pointers if needed.

Find out more:

* [www.huntsssp.org/wp-content/uploads/2017/01/Boccia-resource\_card-Boccia-basics.pdf](http://www.huntsssp.org/wp-content/uploads/2017/01/Boccia-resource_card-Boccia-basics.pdf)
* [www.bocciaengland.org.uk/what-is-boccia](https://www.bocciaengland.org.uk/what-is-boccia)
* [www.paralympic.org/news/sport-week-history-boccia](http://www.paralympic.org/news/sport-week-history-boccia)

**Other sports and games**

Nottingham Rehab has a range of sports games to buy, or for creative types to interpret themselves! For example, target toss challenge, web dart target, kurling target mat, and pusher heads. Visit [nrshealthcare.co.uk](https://www.nrshealthcare.co.uk/)

Other disability equipment companies sell large versions of four-in-a-Line, Jenga and Snakes and Ladders for playing outdoors (or indoors if you have space) and are great way to get moving.

Remap is a charity which helps disabled people. It provides engineering solutions where existing products do not exist. They have helped disabled archers and gun enthusiasts continue with their sport and made it easier. There is also information on wheelchair cricket, sailing and paragliding, for the more adventurous!

See below [www.independentliving.co.uk/il-editorials/adapted-sport](http://www.independentliving.co.uk/il-editorials/adapted-sport)