PEDAGOGICAL LEAFLET

PLASTICO
ROTOTECH

« INITIATION » KIT

« DISCOVER » KIT

86 Petanque exercices for all levels

The International Petanque Federation and Provençal Game have launched, closely with CIEP, Petanque Kits. The aim of these kits is to introduce the Petanque to the children with play exercices.

For this purpose the Federation recommends plastics balls which can be used on all surfaces (even domestically). With such balls there is no danger for children, teachers, educator and environment.

The main purpose is to discover this sport, with large contribution like educational benefit, based on discovery aspect and game notion (concentration, dexterity, self control …etc).

This step comes from innovative spirit, in putting at disposal all configured materials for playing indoor and outdoor.

C. AZEMA
International Pétanque Federation president
French Pétanque Federation President

SUMMARY

Educative contributions of the Petanque

The Petanque contributions have several aspects which, as for all human matters, are over loped or interdependent. In order to simplify the demonstration, 5 headings have been made. The teacher can use and show them alternatively or all together.

MOTIVITY CONTRIBUTION :
- Dexterity
- Movment coordination
- Stability
- Mobility
- Physical training

SENSORY CONTRIBUTION :
- Touching
- Objet manipulation
- Sight
- Observation
- Psychology sens

EMOTIONAL CONTRIBUTION
- Playing pleasure
- Team spirit
- Self control
- Success and failure notions

SOCIAL CONTRIBUTIONS
- Mixity (age, sex, social orogine, professional …)
- Friendlydness
- Speaking
- Gathering
- Animation

INTELECTUAL CONTRIBUTION:
- Concentration
- Memory
- Strategy
- Probability calculation

The aim of this teaching is to present the petanque as a sportive discipline and as a physical development experience.

GAME WITH ONE BALL

1. A STEADY POSITION IS VERY IMPORTANT for throwing the ball :

The teacher will have to look with every children, standing or squatting, for the most suitable position.

The player has to stay standing or squatting in the throwing circle. His feet have to stay strictly inside the circle without touching the border. For a correct understanding of this rule, the teacher will have to look carefully at the children feet in the circle and the throwing of the ball. (below example).

2. THE BALLS HAVE TO BE THROW « BELOW HAND » :

The natural playing would be to keep the ball « open hand ». The teacher will have to explain why with "below hand" the children will better control direction and strenght. In the first step the teacher let the children playing alone, then he explains why the "below hand position " is better than the "open hand position".
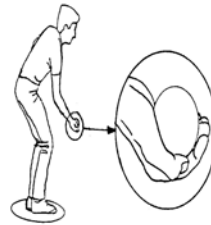
3. THE BALANCING MOVMENT IS FUNDAMENTAL :

Indeed width and speed of the hand balancing will control distance and the speed of the ball. The teacher has to explain why a high back position of the hand, makes throwing easier and use less strenght. He will explain and control the children balancing movments.

GAME WITH ONE BALL

4.   THE BALL LEAVES THE HAND THROUGH THE FINGERS :

The teacher has to explain why the throwing (using fingers) will have effect on the .ball rolling. He will explain that a throwing with the fingers takes advantage of the balancing movment.

GAME POSITIONS

a.   Standing position

preparation   Wirst turned back

Back position of the arm

Arm movment

throwing

Half wrist

Hand movment
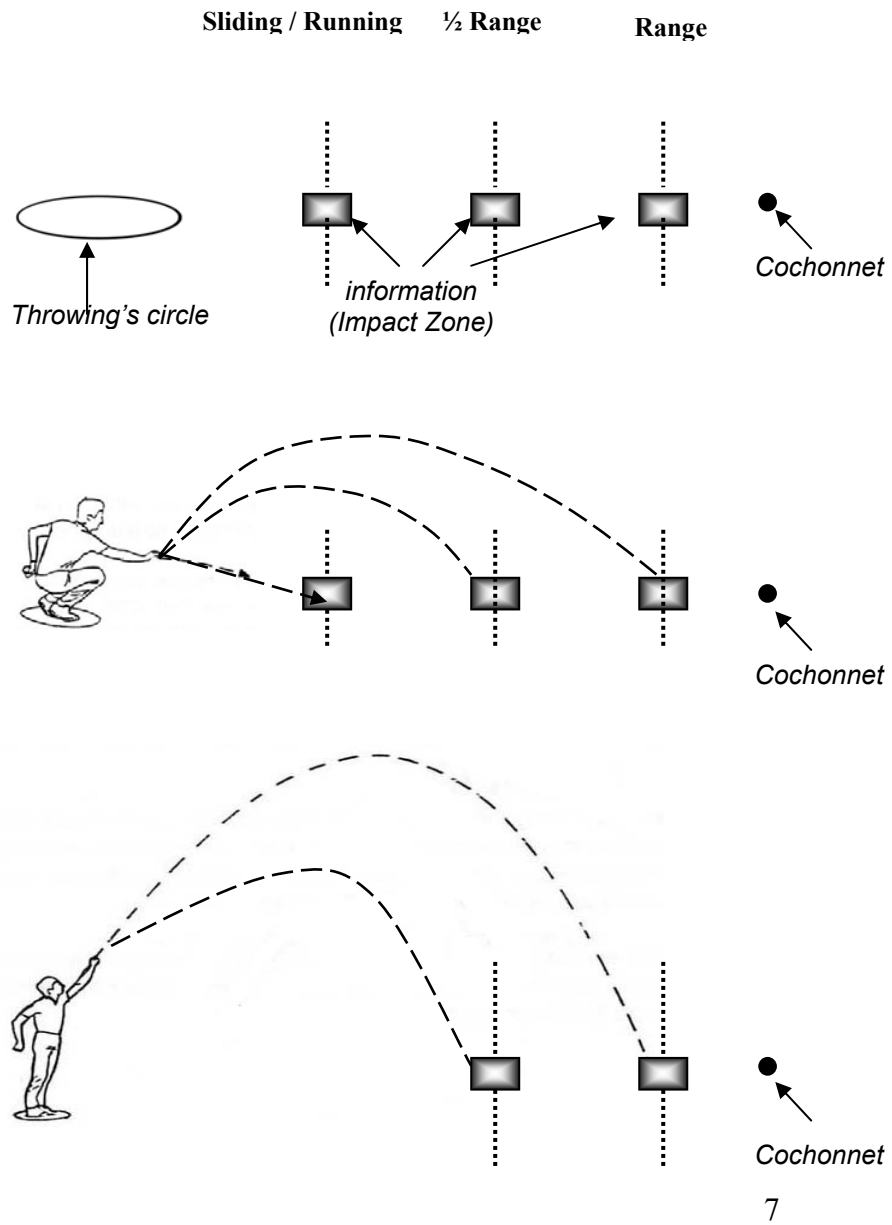
b.   Squatting position

Position de départ.

Wirst turned back

t.

Back position of the arm

throwing

Throwing methods

1/ Goal and Point :

Sliding / Running   **½ Range**   **Range**

Throwing's circle

information
(Impact Zone)

Cochonnet

Cochonnet

Cochonnet

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2/ Throwing :

Short shooting	Long shooting	To the ball	To the cochonnet

Throwing circle

information (Impact Zone)

Ball

Cochonnet

Cochonnet

Aims

Aims   Cochonnet

8
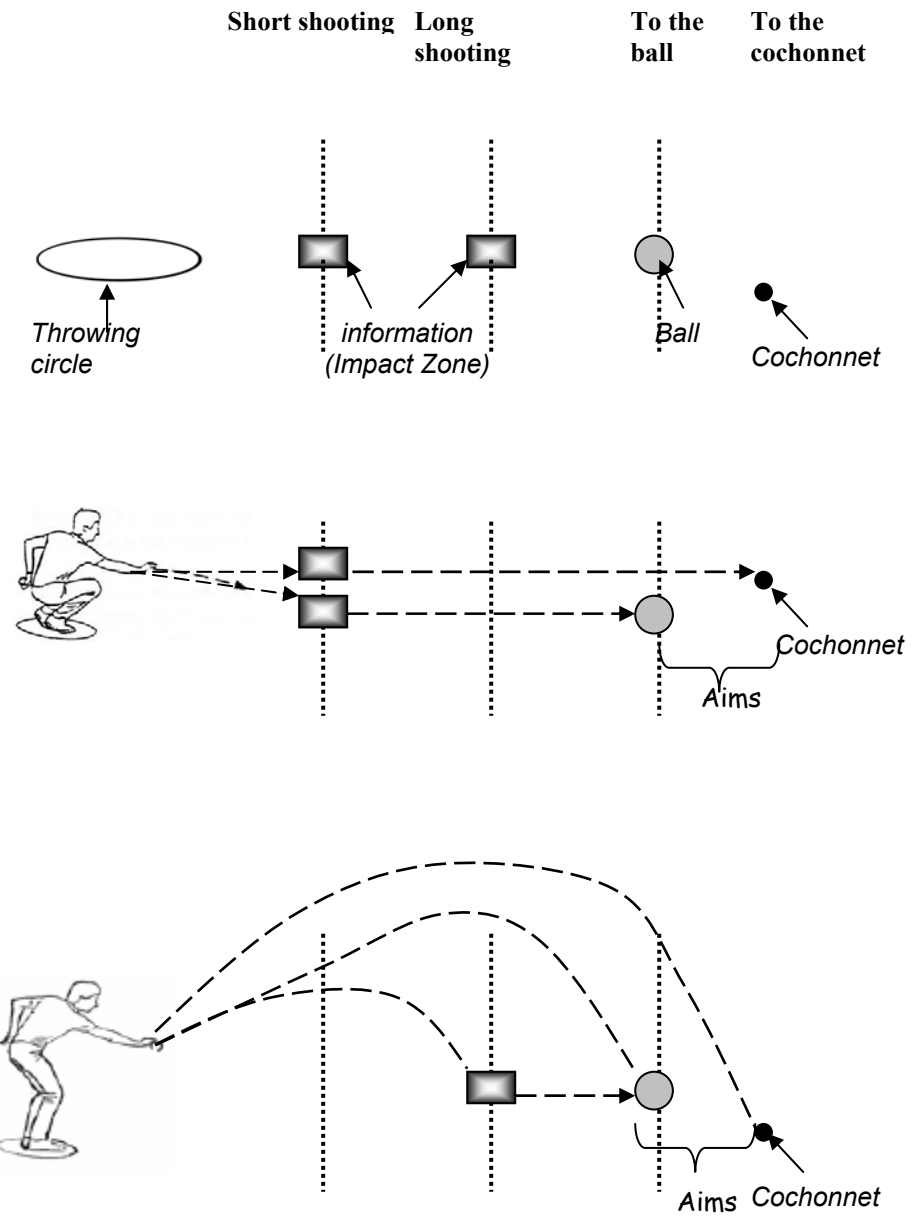
"DISCOVER" KIT

Content :
1 bag
6 balls + 3 cochonnets
1 black ball
1 green hoop (Ø 65cm)
2 poles (H120cm – Ø 25mm)
2 rubber bases
2 clips for pole / hoop
1 red throwing circle (Ø 40cm)
3 targets hoop (yellow, green, blue, Ø 40cm)
1 STOP red band
1 pedagogical leaflet

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Content

Petanque balls approved by FIPJP (Ø 65mm, weight 200g)
Red
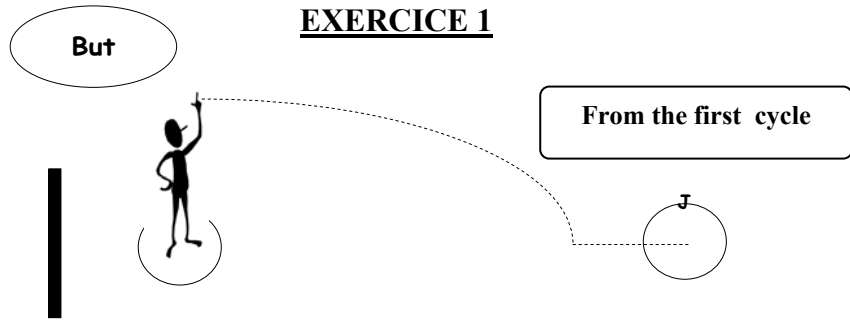
Blue
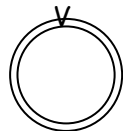
Cochonnet or But (Ø 35)

Black ball (Ø 65mm)

« STOP » band
(100cm)

J V B

Yellow target hoop: 5pts (Ø 40cm)
Green target hoop : 10pts (Ø 40cm)
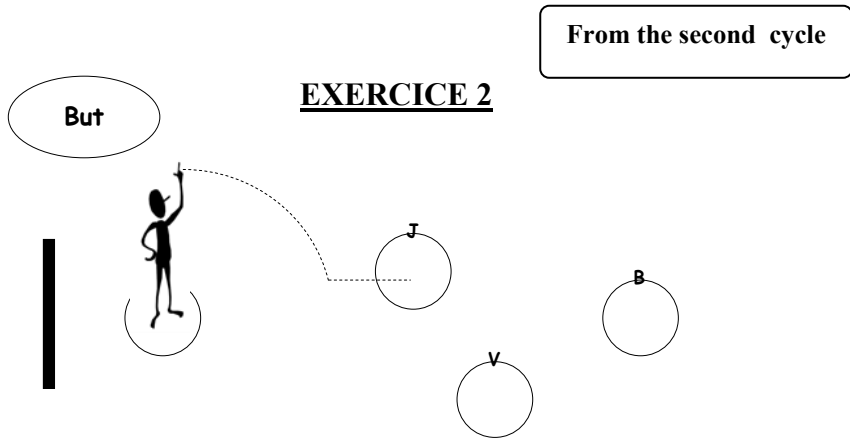Blue target hoop : 15pts (Ø 40cm)

Throwing circle (Ø 40cm)

V

Green hoop (Ø 65cm)

Hoop / Pole clips

Poles

Rubber bases

EXERCICE 1

But

J
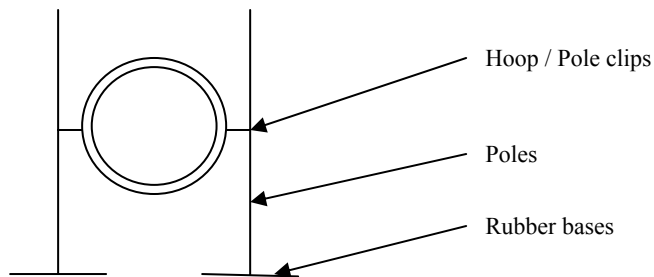
Throw successively 3 cochonnets
The aim is to put the cochonnet in the target.
5 points for every successful throw

EXERCICE 2

But

J

B

V

Throw successively 3 cochonnets
The aim is to put the cochonnets in every target hoops
The player wins a Bonus (2 points) if he manages to
place the 3 cochonnets

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EXERCICE 3

But

Throw successively 3 cochonnets through the hoop
The aim is to put the cochonnet in the target hoop
5 points for every successful throw
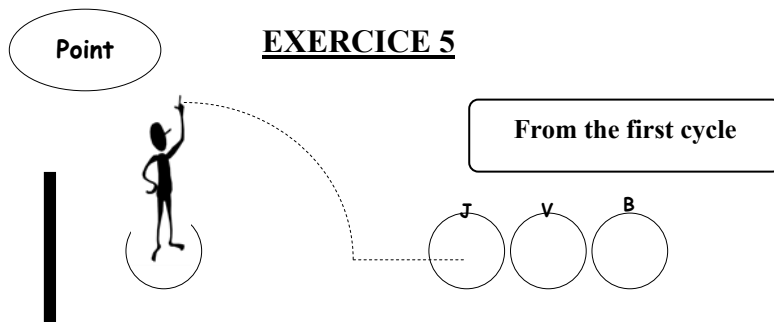The player wins a Bonus (2 points) if he manages to place the 3 cochonnets
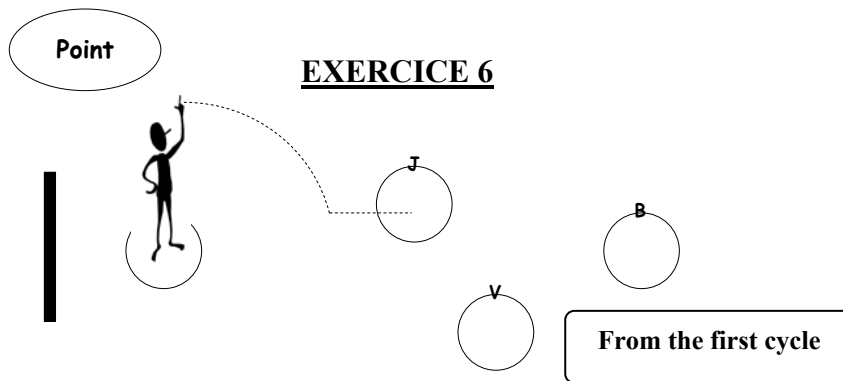
EXERCICE 4

Point

Throw successively 3 balls
The aim is to put the ball in the target hoop and the closest from the cochonnet
5 points for every successful throw

Point
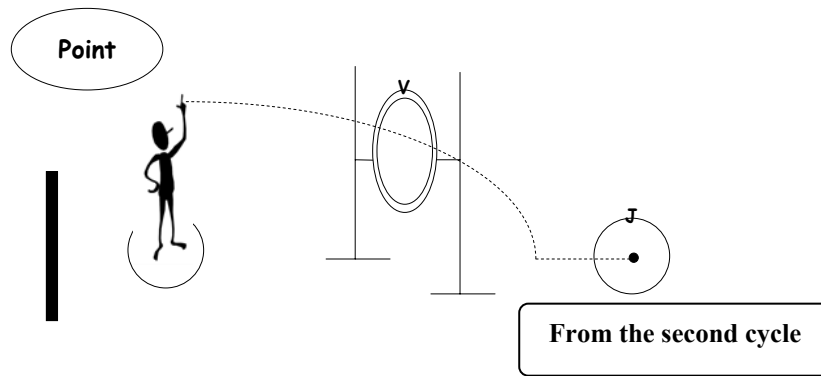
EXERCICE 5

From the first cycle

J   V   B

Throw successively 3 balls
The aim is to put the balls in every target hoop
The player wins a Bonus (2 points) if he manages to place
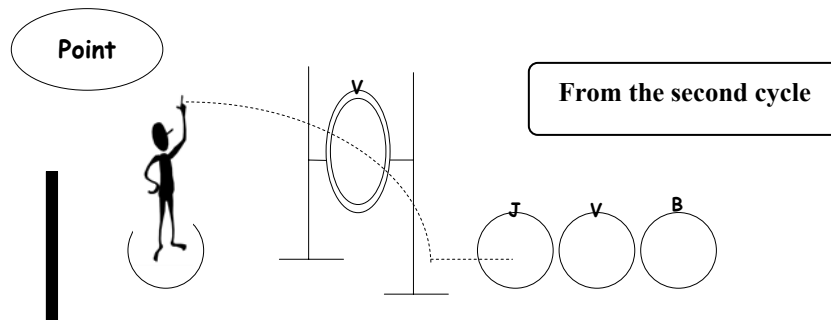the 3 cochonnets

■■

Point

EXERCICE 6

J

B

V

From the first cycle

Throw successively 3 balls
The aim is to put the balls in every target hoop
The player wins a Bonus (2 points) if he manages to
place the 3 cochonnets

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EXERCICE 7

Point

V

J

From the second cycle

Throw successively 3 balls through the hoop
The aim is to put the ball in the target hoop and the
closest from the cochonnet
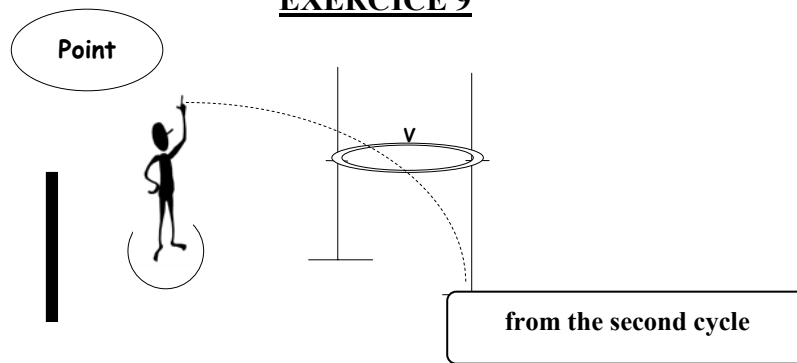5 points for every successful throw

● ●

EXERCICE 8

Point

V

From the second cycle

J   V   B

Throw successively 3 balls through the hoop
The aim is to put the balls in every target hoop
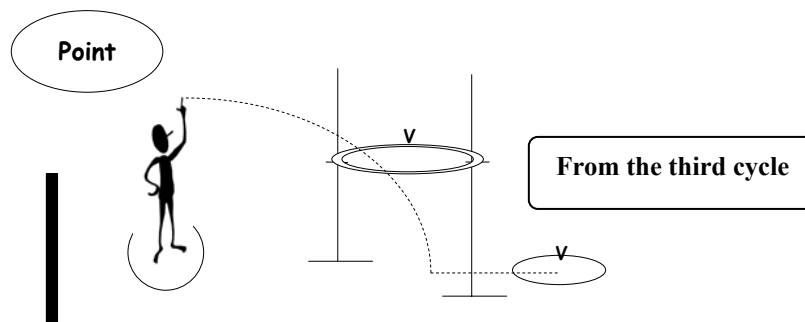The player wins a Bonus (2 points) if he manages to place
the 3 cochonnets

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EXERCICE 9

Point

from the second cycle

Throw successively 3 balls through the hoop
5 points for every successful throw
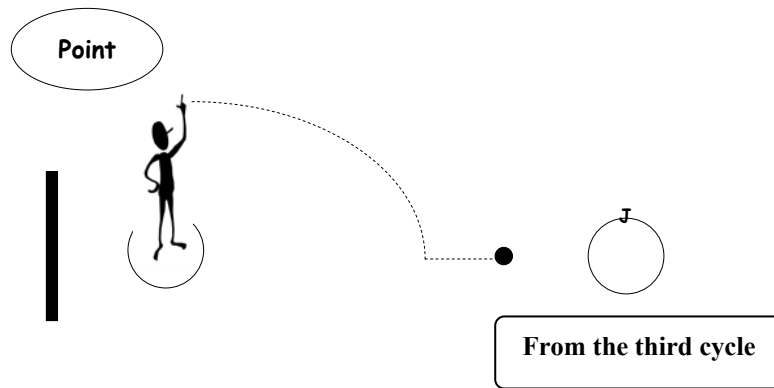The player wins a Bonus (2 points) if he manages
to succeed 3 times

EXERCICE 10

Point

From the third cycle

Throw successively 3 balls through the hoop
The aim is to put the balls in the target hoop
5 points for every successful throw
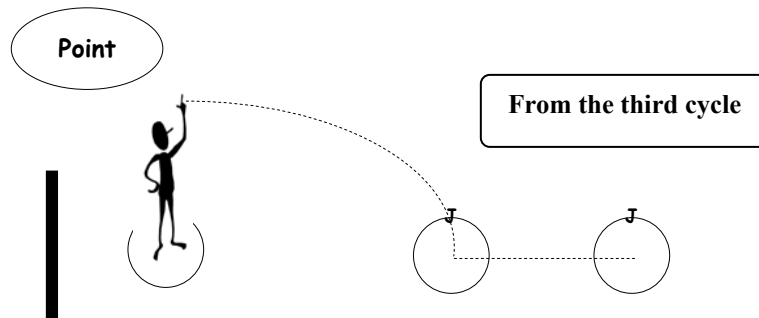The player wins a Bonus (2 points) if he manages to place
the 3 cochonnets

15

EXERCICE 11

Point

From the third cycle

Throw successively 3 balls
The aim is to touch the black ball
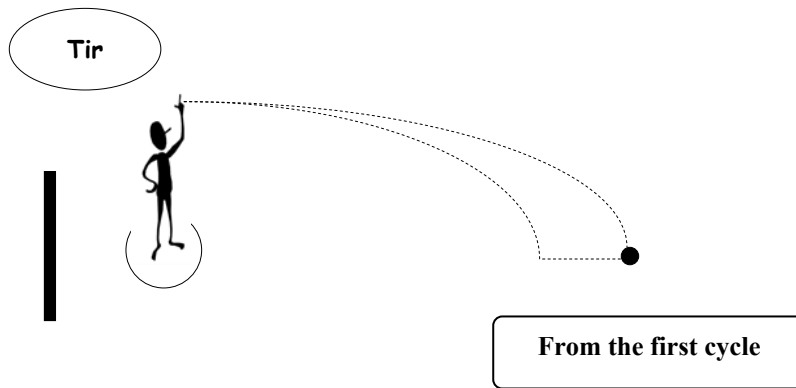in order to put it in the target hoop.
5 points for every successful throw

EXERCICE 12

Point

From the third cycle

Throw successively 3 balls in the first hoop
The aim is to stop the ball in the second hoop
5 points for every successful throw
If the player manages to place the 3 balls, he wins a bonus
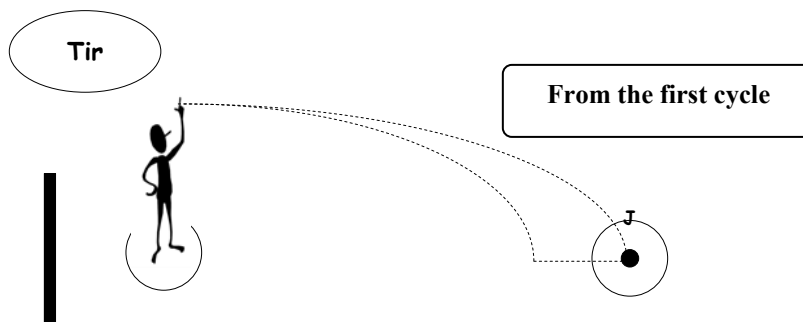(2 points)

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EXERCICE 13

Tir

From the first cycle

Throw successively 3 balls
The aim is to shoot the black ball
5 points for every successful shoot

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EXERCICE 14

Tir

From the first cycle
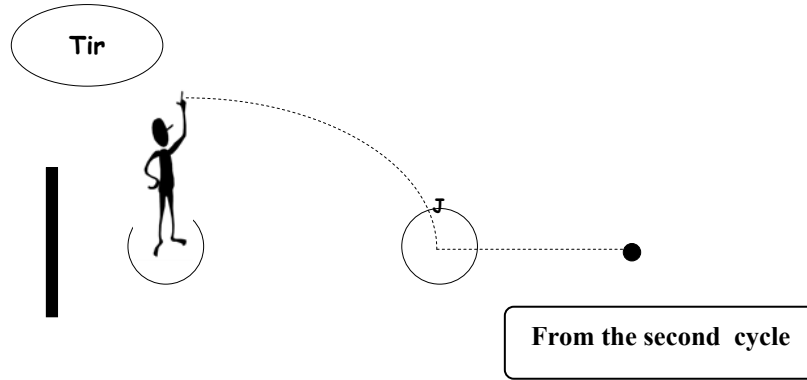

Throw successively 3 balls
The aim is to shoot the black ball out of the hoop
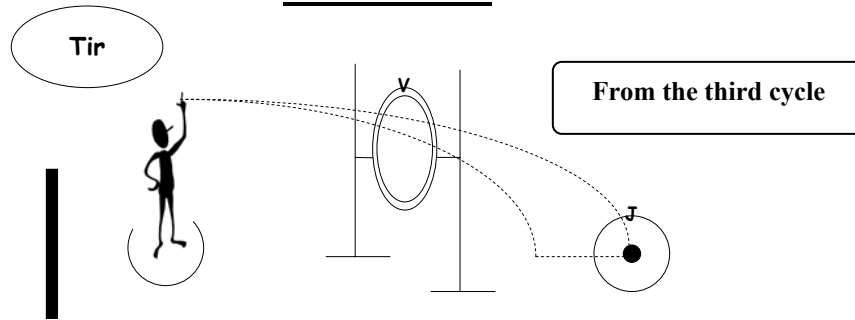5 points for every successful shoot

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EXERCICE 15

Tir

From the second cycle

Throw successively 3 balls
The aim is to shoot in the hoop then to touch the black
ball
5 points for every successful shoot

....

EXERCICE 16

Tir

From the third cycle

Throw successively 3 balls through the hoop
The aim being to shoot the black ball out of the
hoop
5 points for every successful shoot

Evaluation Table

Stand N°…..

Points	FAILURE -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

Points	FAILURE -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

Points	FAILURE -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

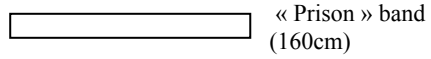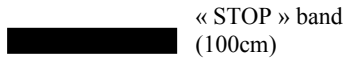| Points	FAILURE -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

19
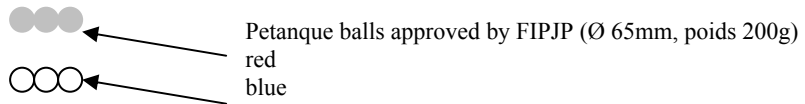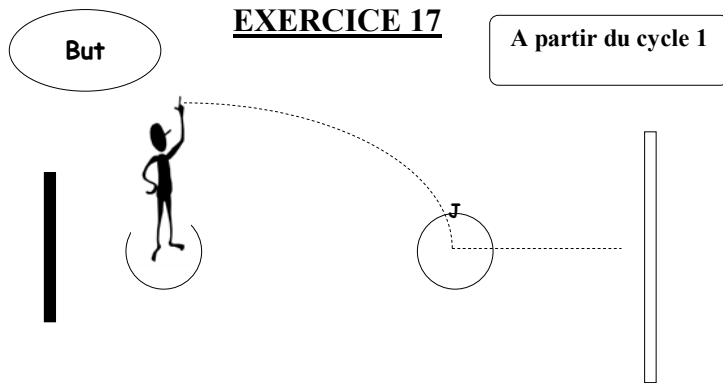
"INITIATION" Kit

Content :

1 bag
3 black balls
1 blue hoop (Ø 50cm)
1 green hoop (Ø 65cm)
1 yellow hoop (Ø 75cm)
4 poles (H120cm – Ø 25cm)
4 rubber bases
4 pole / hoop clips
1 hoop / hoop clip
4 red throwing circle (Ø 40cm)
12 target hoops (yellow, green, blue, Ø 40cm)
4 STOP red bands
2 « Prison » bands
1 pedagogical leaflet

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Symbolic explanation of the content

Petanque balls approved by FIPJP (Ø 65mm, poids 200g)
red
blue

cochonnet (Ø 35)

Black balls (Ø 65mm)

« STOP » band (100cm)

« Prison » band (160cm)

Jellow target : 5pts (Ø 40cm)
Green target : 10pts (Ø 40cm)
Blue target : 15pts (Ø 40cm)

Throwing circle (Ø 40cm)

Yellow Hoop (Ø 50cm)
Green Hoop (Ø 65cm)
Blue Hoop (Ø 75cm)

Pole / pole clip

Hoop / pole clip

Pole

Rubber base

21

But

EXERCICE 17
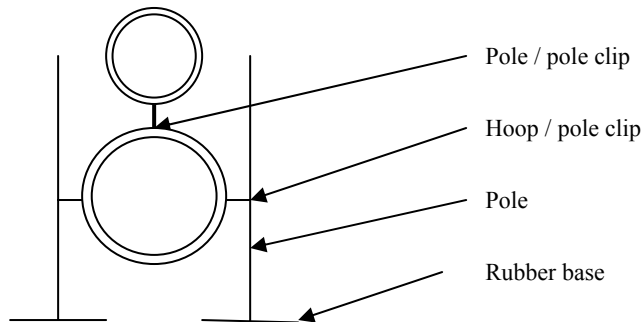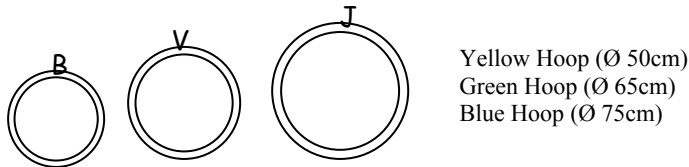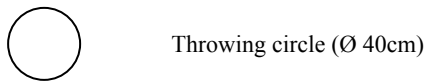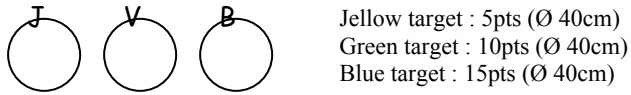
Throw successively 3 cochonnets in the target.
The aim being to place the cochonnet the closest from
the prison band, without touching or going beyond
(otherwise 1 failure, 2 points).
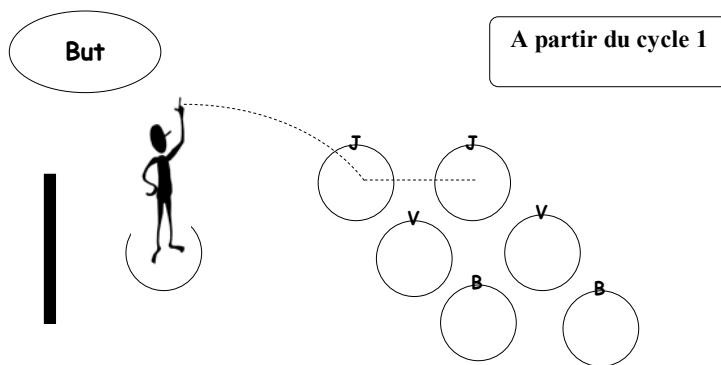
But

EXERCICE 18
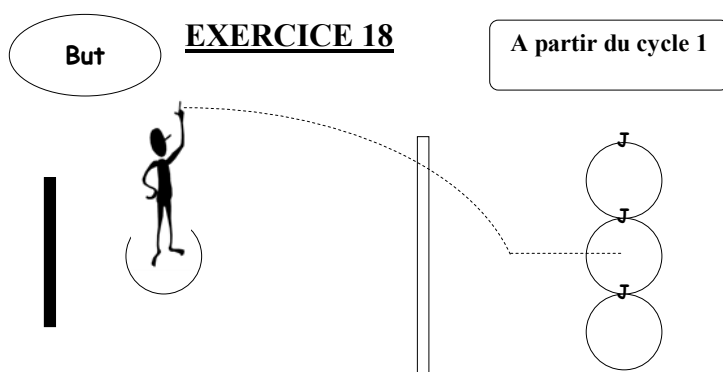
Throw successively 3 cochonnets beyond the prison
band.
The aim being to place the cochonnet in one of the three
targets.
If the player manages to place the 3 cochonnets he wins
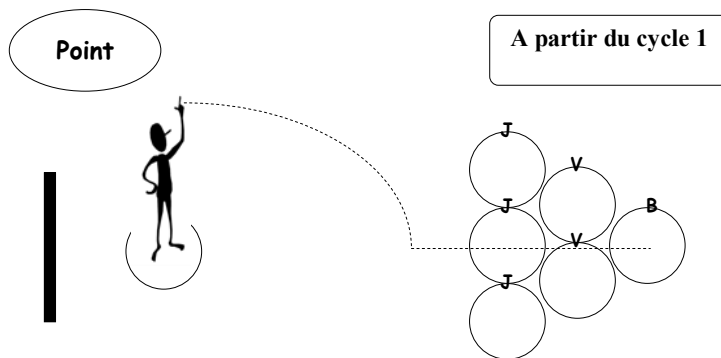a bonus (2 points).

22
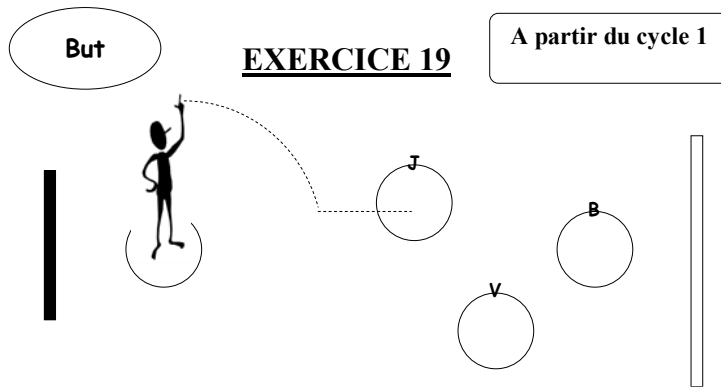
EXERCICE 19

Throw successively 3 cochonnets in every target
without touching or going beyond the prison band
(otherwise failure – 2 points)
If the player manages to place correctly the three
cochonnets he wins 1 bonus point.
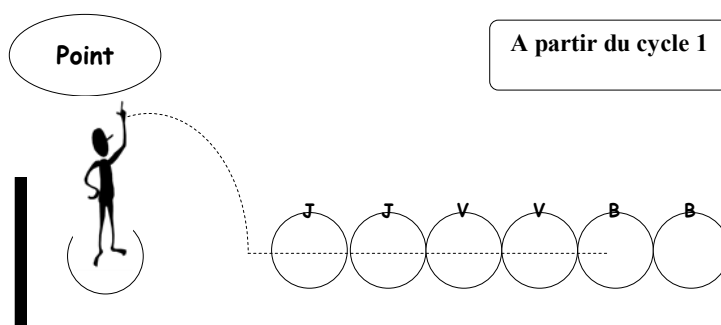
EXERCICE 20

But

A partir du cycle 1

Throw successively 3 cochonnets in the first target
of every color.
The aim being to place the cochonnet in the second
target corresponding.
If the player manages to place the 3 correctly, he
wins a bonus (2points)

EXERCICE 21

Point

J
V
J
B
V
J

Throw successively 3 balls
The aim being to place them in the targets
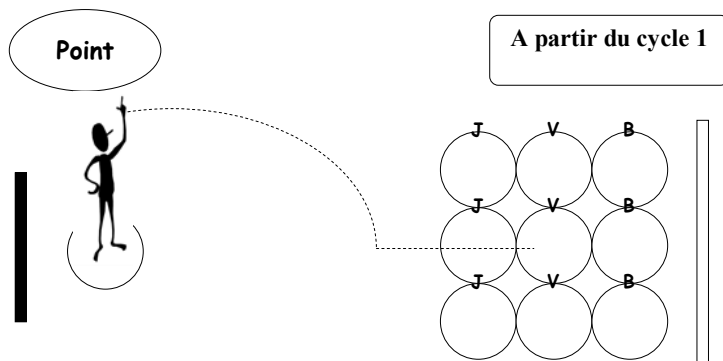If the player manages to place the three balls , he
wins the bonus (2points)

EXERCICE 22

Point

J   J   V   V   B   B

Throw successively 3 balls
The aim being to place them in the farest targets
If the player manages to place the three balls , he
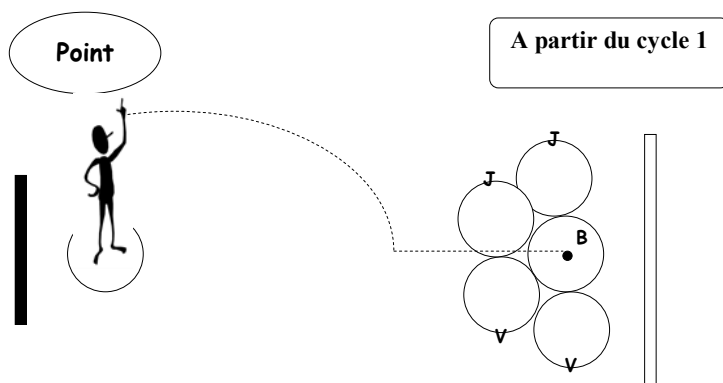wins 1 bonus point

EXERCICE 23

Point

Throw successively 3 balls
The aim is to place the balls without touching or going beyond the Prison band (otherwise a failure , minus 2 points)
If the player manage to place a ball in every color, he wins the bonus (2 points)
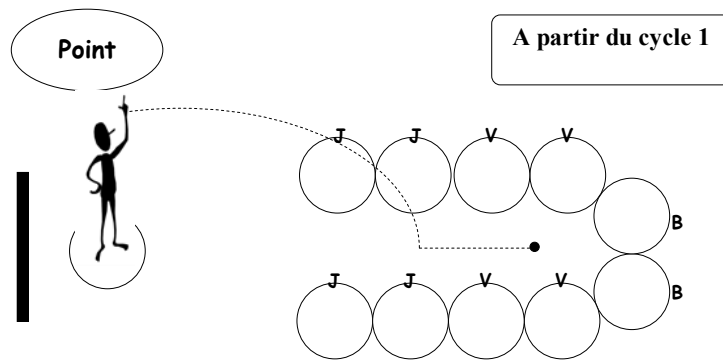
EXERCICE 24

Point

Throw successively 3 balls
The aim is to place the balls in the blue target without touching or going beyond the Prison band (otherwise a failure, minus 2 points)
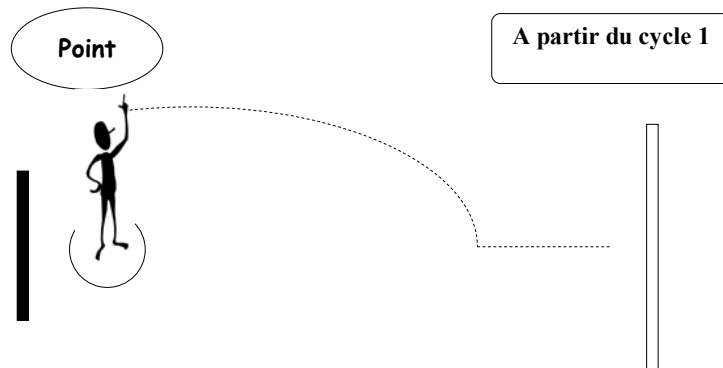
25

EXERCICE 25

Throw successively 3 balls
The aim is to place the balls close to the target without touching
or going beyond the targets (otherwise a failure, minus 2 points)
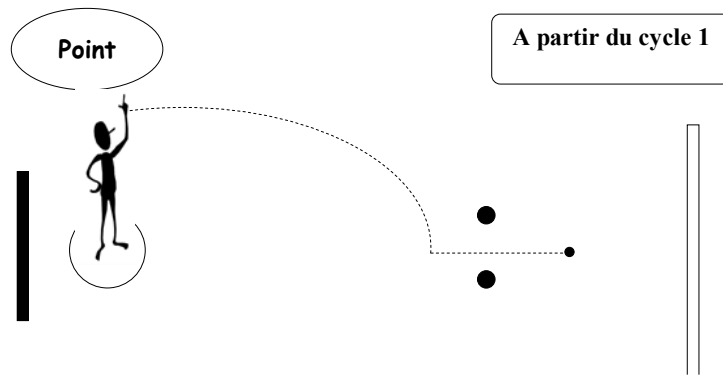5 points for every successful throw

EXERCICE 26

Throw successively 3 balls
The aim is to place the balls closest to Prison band without
touching or going beyond (otherwise a failure, minus 2
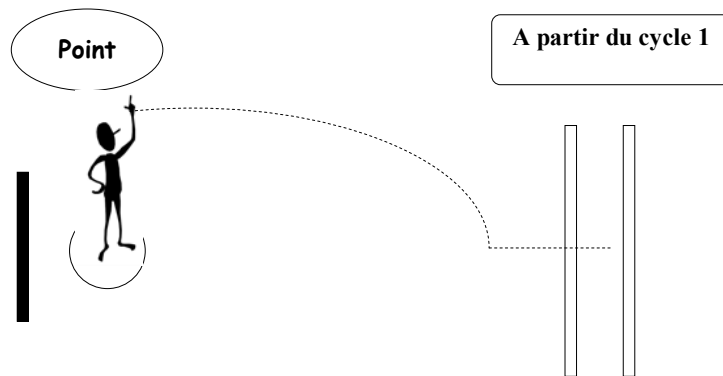points)
5 points for every successful throw

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EXERCICE 27

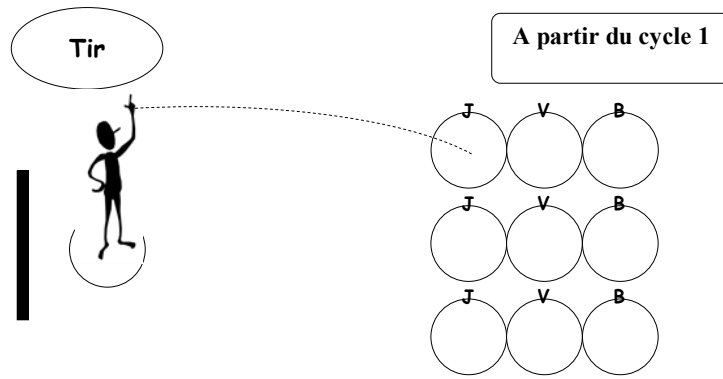

Point

A partir du cycle 1

Throw successively 3 balls between the black balls
The aim is to place the balls close to the cochonnet without
touching the black balls or the prison band (otherwise a
failure, minus 2 points)
5 points for every successful throw

EXERCICE 28
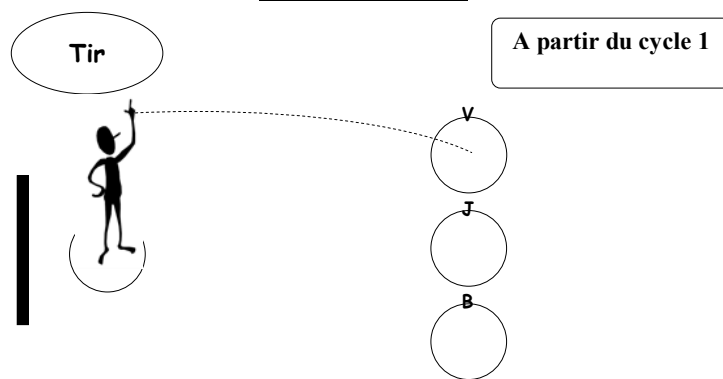

Point

A partir du cycle 1

Throw successively 3 balls
The aim being to place the ball between the 2 Prison band
without going beyond the second band (otherwise failure, minus
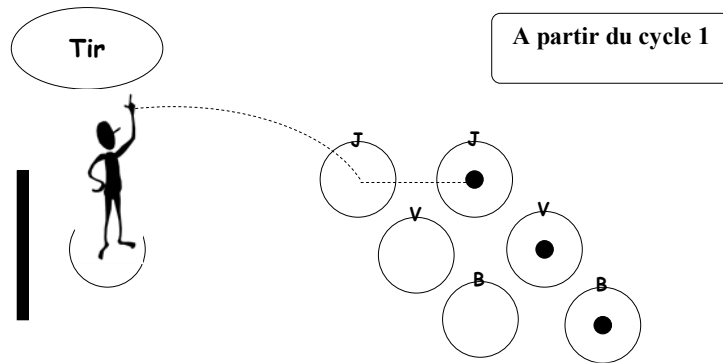2 points)
5 points for every successful throw

EXERCICE 29

Tir

A partir du cycle 1

Throw successively 3 balls
The aim being to shoot in every targets

EXERCICE 30

Tir

A partir du cycle 1

Throw successively 3 balls
The aim being to shoot in the targets.
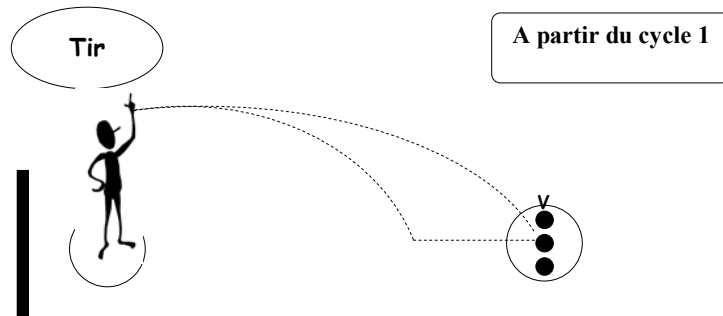A bonus (2 points) for 3 successful throw

EXERCICE 31

Throw successively 3 balls in the first target of every color.
The aim being to shoot the black balls in the second target.
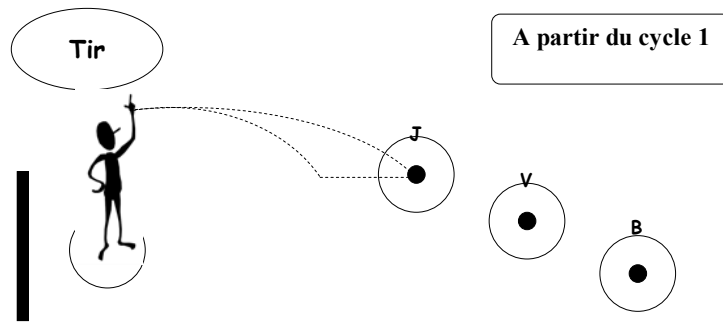A bonus (1 point) for 3 successful throw

EXERCICE 32

Throw successively 3 balls.
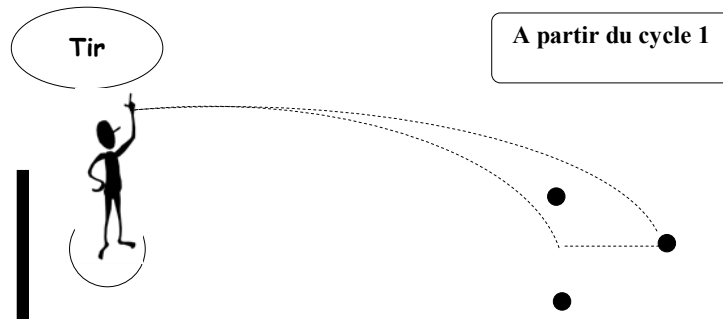The aim being to shoot the black balls out of the target.
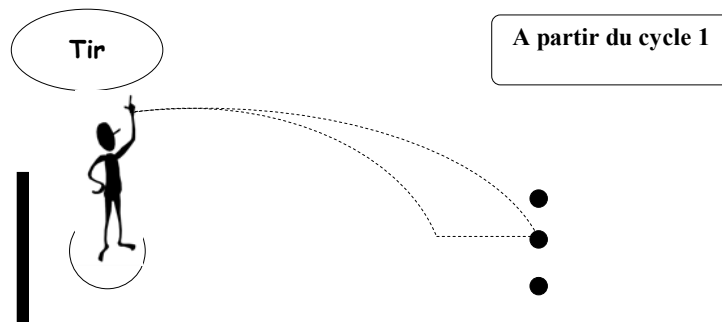5 points for every successful shoot

EXERCICE 33

Tir

J

V

B

Throw successively 3 balls.
The aim being to shoot the black balls out of the target.
1 bonus (2 points) for 3 successful shoots
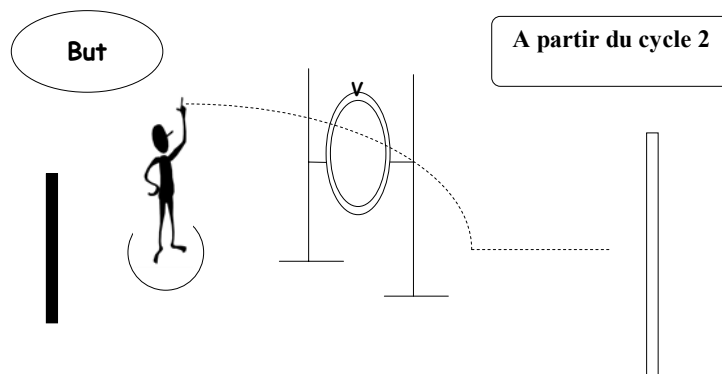
EXERCICE 34

Tir

Throw successively 3 balls.
The aim being to shoot the black ball in the middle without
touching other black balls.
5 points for every successful shoot

EXERCICE 35

Tir

Throw successively 3 balls.
The aim being to shoot the black balls
5 points for every successful shot
If the the player manages the 3 shots, he wins a bonus (2 points).
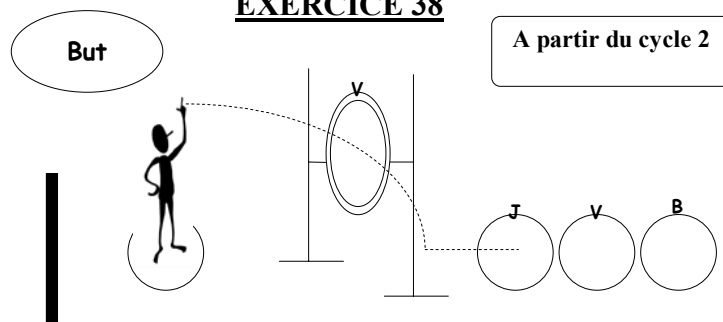
EXERCICE 36

But

Throw successively 3 cochonnets through the hoop.
The aim being to be close to the Prison band, without touching it and going beyond (otherwise a failure , 2 points)
5 points for every successful shot

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EXERCICE 37

But
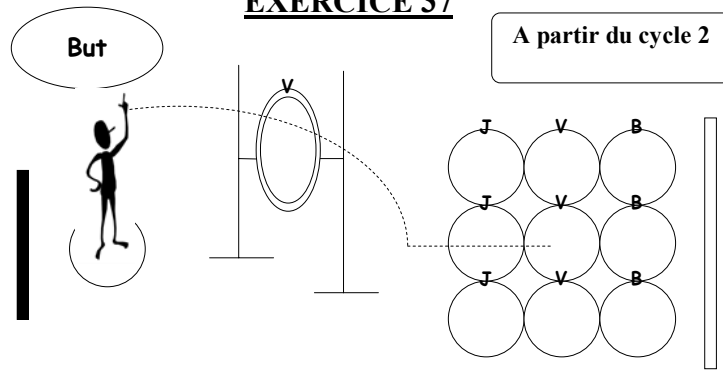
Throw successively 3 cochonnets through the hoop.
The aim being to place the cochonnet in the targets, without touching the Prison band and going beyond (otherwise a failure , 2 points)
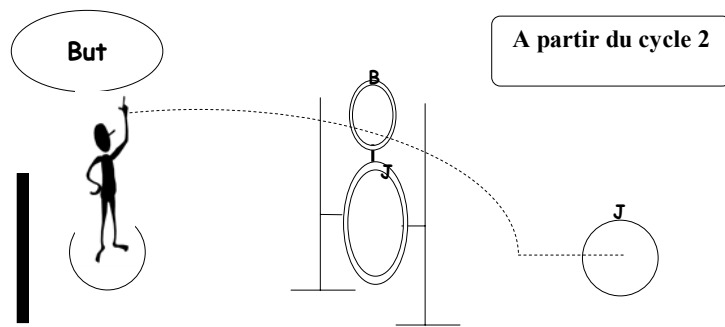A bonus (2 points) if the player manages to place a ball in every color

EXERCICE 38

But

A partir du cycle 2

Throw successively 3 cochonnets through the hoop.
The aim being to place the cochonnet in one of the targets,
A bonus (2 points) if the player manages to place a cochonnet in every hoop.
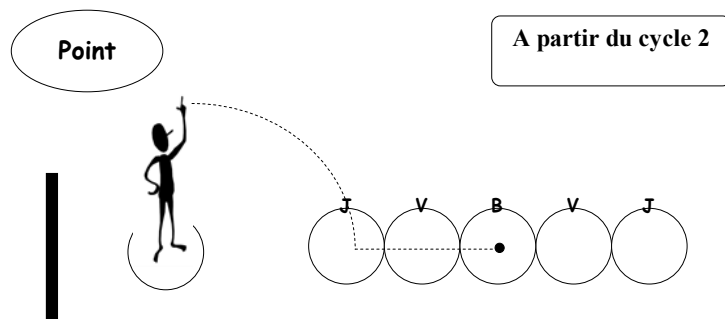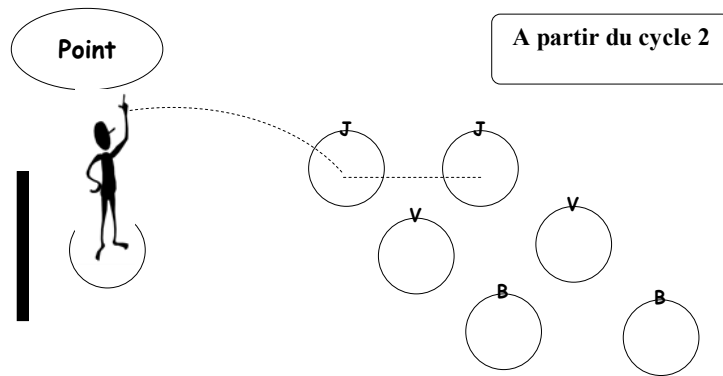
EXERCICE 39

Throw successively 3 cochonnets through one of the 2 hoops.
The aim being to place the cochonnet in the targets,
Points following the color of the hoop (see target point table)

EXERCICE 40

Throw successively 3 balls.
The aim being to be close to the cochonnet staying
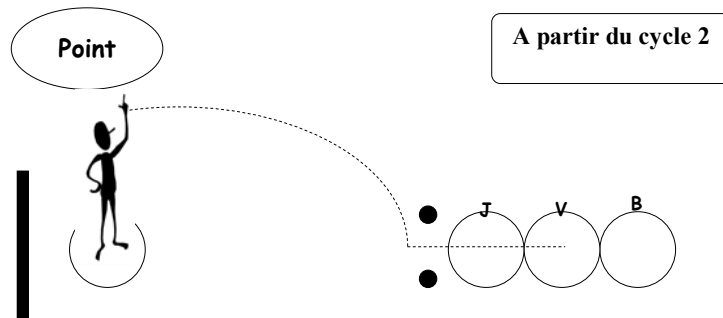in the target.

EXERCICE 41

Throw successively 3 balls in the first target of every color.
The aim being to place the ball in the second target corresponding.
The player wins a Bonus (2 points) if he manages to place the three balls.
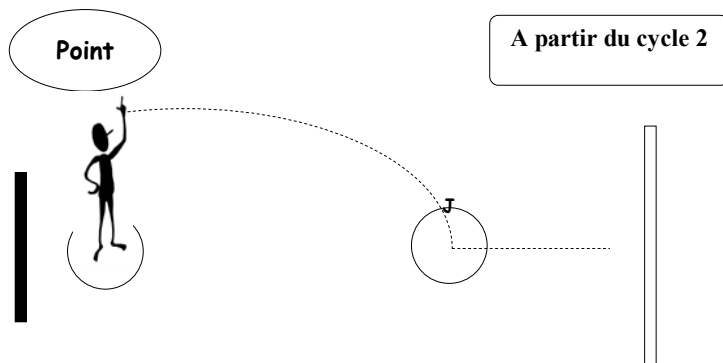
EXERCICE 42
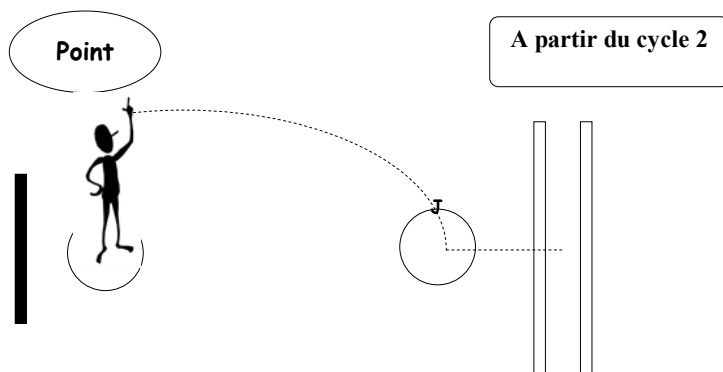
Throw successively 3 balls between the black balls.
The aim being to place the ball in the targets without touching the black balls.
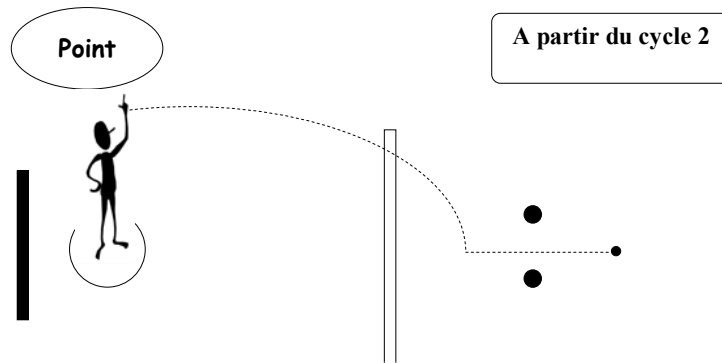
34

EXERCICE 43

Point

Throw successively 3 balls in the target.
The aim being to be close to the prison band without touching or going beyond. (otherwise a failure - 2 points)
5 points for every successful throwing.
If the player puts 3 times a ball in the target he wins a bonus (2 points).
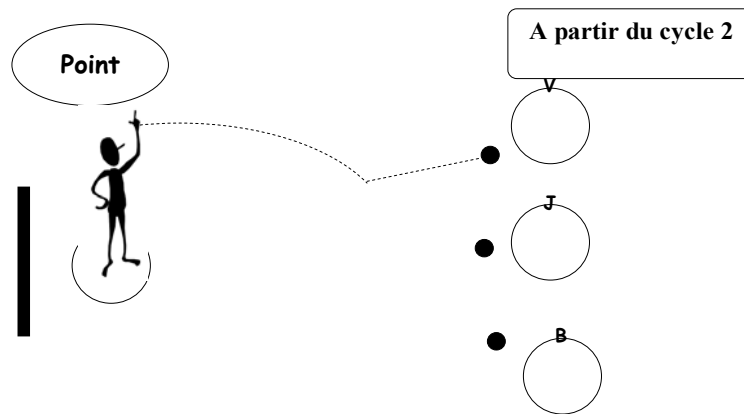
EXERCICE 44

Point

Throw successively 3 balls in the target.
The aim being to place the ball between the 2 prison band without touching or going over the 2 band (otherwise a failure - 2 points)
5 points for every successful throwing.
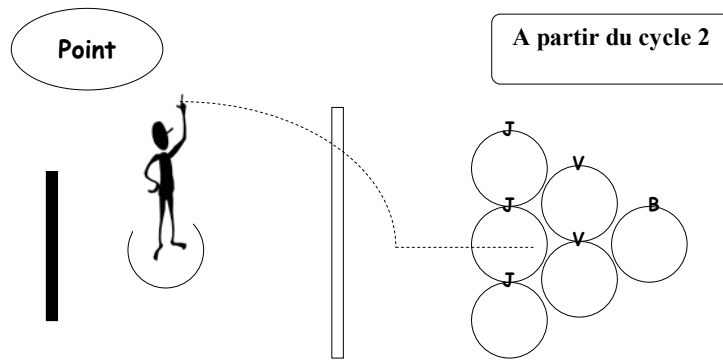
35

EXERCICE 45

Point

A partir du cycle 2

Throw successively 3 balls beyond the prison band and between the black balls.
The aim being to place the ball close to the cochonnet without touching the black balls (otherwise a failure - 2 points)
5 points for every successful throwing.

EXERCICE 46

Point

A partir du cycle 2

V

J

B

Throw successively 3 balls.
The aim being to put the black balls in the corresponding targets.
If the player success 3 times, he wins a bonus (2 points).

EXERCICE 47

A partir du cycle 2

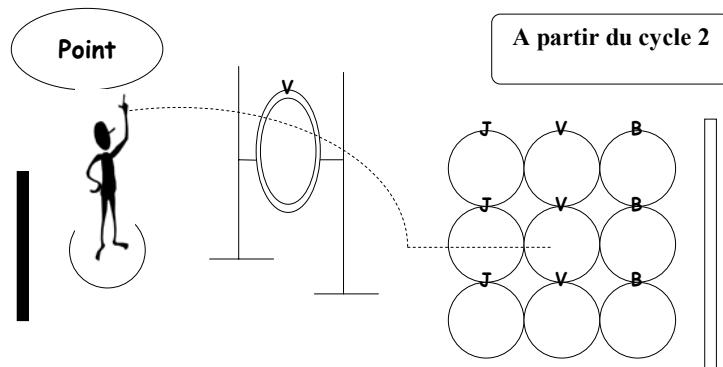Throw successively 3 balls beyond the prison band.
The aim being to put the balls in the targets.
If the player success 3 times, he wins a bonus (2 points).
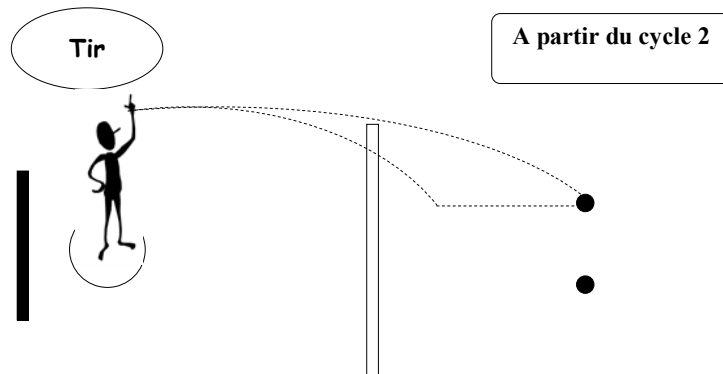
EXERCICE 48

Point

A partir du cycle 2
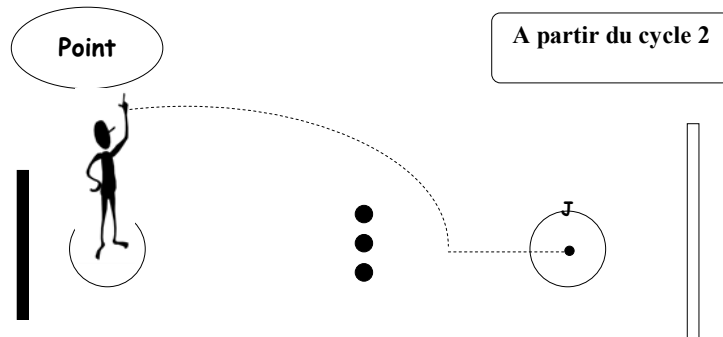
Throw successively 3 balls.
The aim being to put the ball close to the cochonnet and staying
in the target, without touching the black balls (otherwise a
failure (- 2 ponts).
5 points for every successful throwing.

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EXERCICE 49

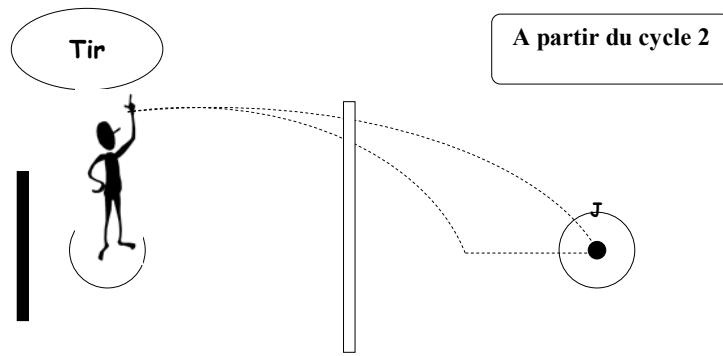Throw successively 3 balls through the hoop.
The aim being to put the ball in the targets without touching or going beyond the prison band (otherwise a failure,- 2 points).
If the player manages to place a ball in every color he wins a bonus (2 points).

EXERCICE 50

Throw successively 3 balls beyond the prison band.
The aim being to shoot the 2 black balls.
5 points for every successful throw.

EXERCICE 51

A partir du cycle 2
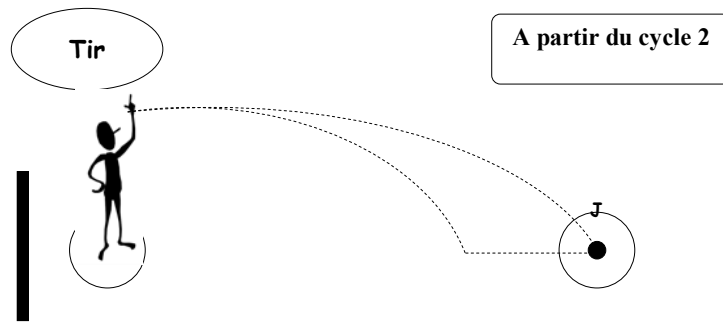
Throw successively 3 balls beyond the prison band.
The aim being to shoot the black ball out of the target.
5 points for every successful throw.

EXERCICE 52
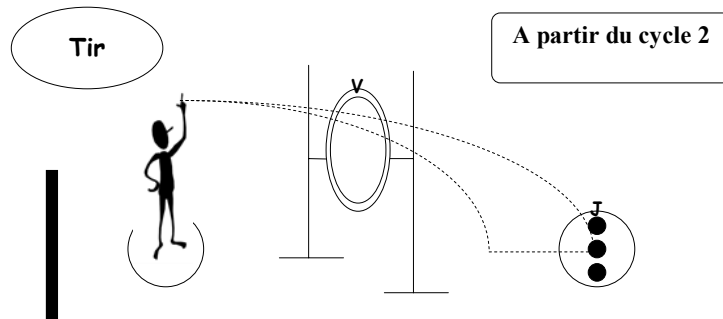
Tir

A partir du cycle 2

Throw successively 3 balls through the hoop.
The aim being to shoot the black ball out of the target.
5 points for every successful throw.
1 bonus (2 points) if the player shoot the 3 black balls.

39

EXERCICE 53

Throw successively 3 balls.
The aim being to shoot the black ball out of the target.
5 points for every successful throw.

EXERCICE 54

Throw successively 3 balls.
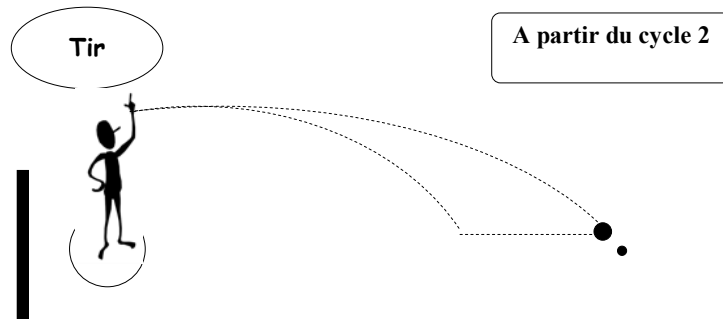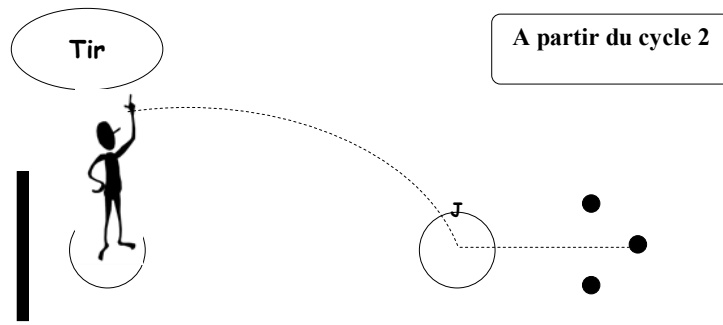The aim being to shoot the black ball without touching the cochonnet
(otherwise a failure – 2 ponist).
5 points for every successful throw

EXERCICE 55

Tir

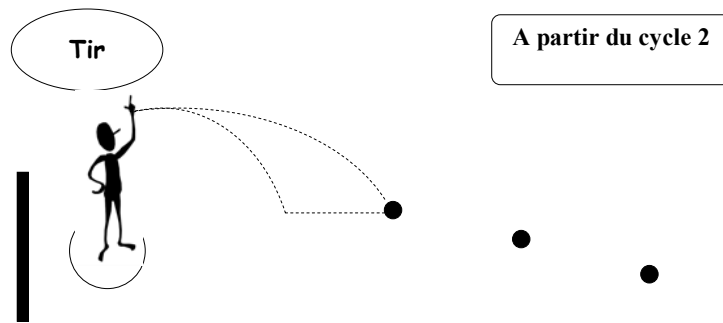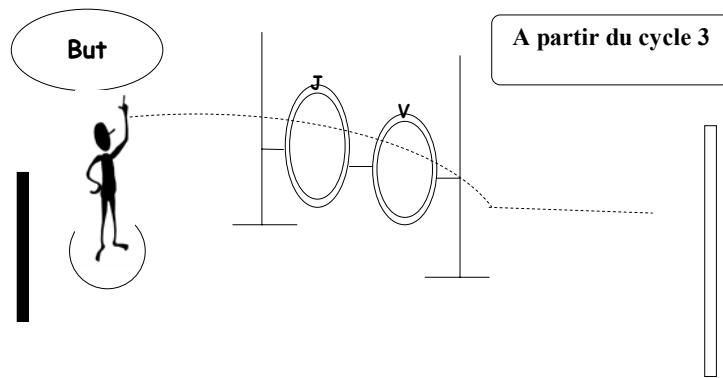Throw successively 3 balls in the target.
The aim being to shoot the black ball without touching the
other balls (otherwise a failure – 2 ponist).
5 points for every successful throw

EXERCICE 56

Tir

Throw successively 3 balls.
The aim being to shoot the black ball
5, 10 , 15 points for every successful throw accordingly the distance.
1 bonus (2 points) if the player shoot the 3 black balls

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EXERCICE 57

Throw successively 3 balls through the hoops.
The aim being to be close to the prison band, without touching
or going beyond (otherwise a failure – 2 points).
Points following the color of the hoop (see targets data)

EXERCICE 58
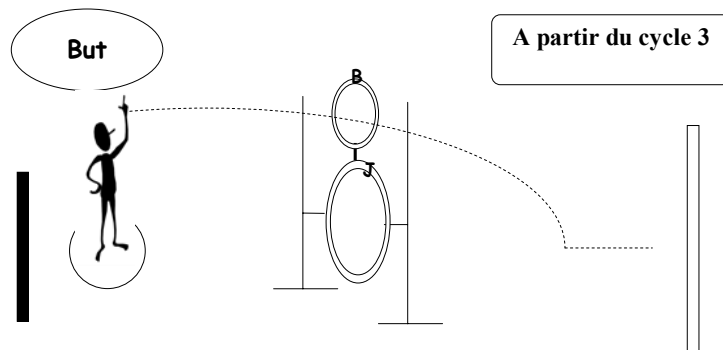
Throw successively 2 cochonnets (1 in the blue hoop, the
other in the yellow one).
The aim being to be close to the prison band, without
touching or going beyond (otherwise a failure – 2 points).
Points following the color of the hoop (see targets data)

EXERCICE 59

Point

Throw successively 3 balls.
The aim being to shoot the black balls in the target.
10 points for every successful throw.
1 bonus (2 points) if the player success 3 times.

EXERCICE 60

Point

Throw successively 3 balls through the hoop.
The aim being to be close to the cochonnet without touching
or going beyond the prison band (otherwise a failure – 2
points).

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EXERCICE 61

Point

A partir du cycle 3

Throw successively 3 balls through the hoop.
The aim being to go through the target, with corresponding color,
and to stop close the cochonnet.

EXERCICE 62
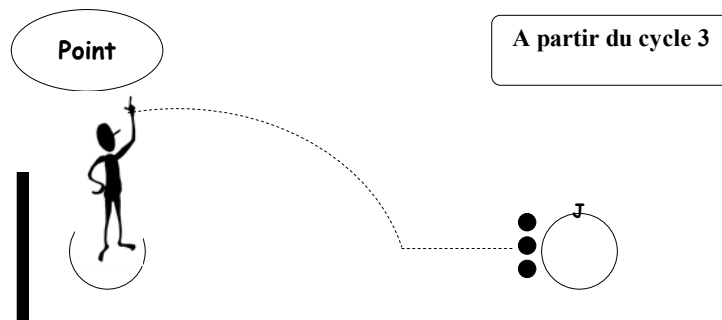
Point

A partir du cycle 3

Throw successively 3 balls through the hoop.
The aim being to go the closest to the prison band
without touching or going beyond (otherwise a
failure – 2 points).
Points following the color of the hoop (see targets
data)

EXERCICE 63

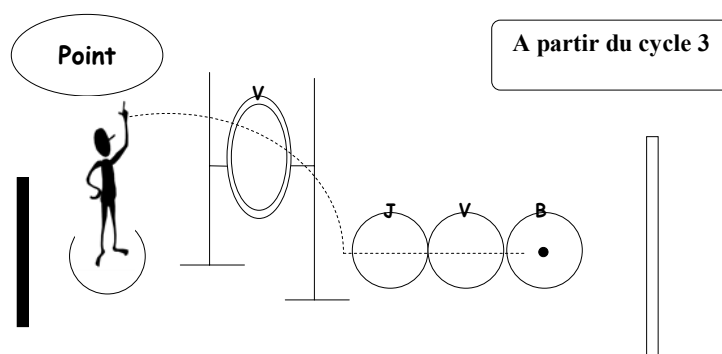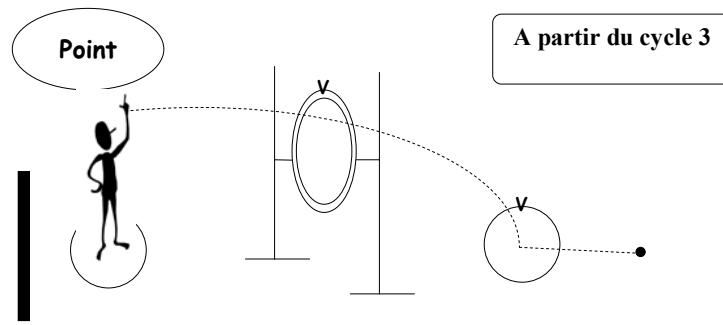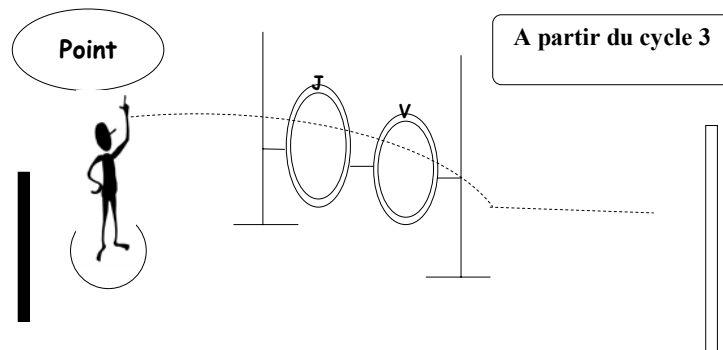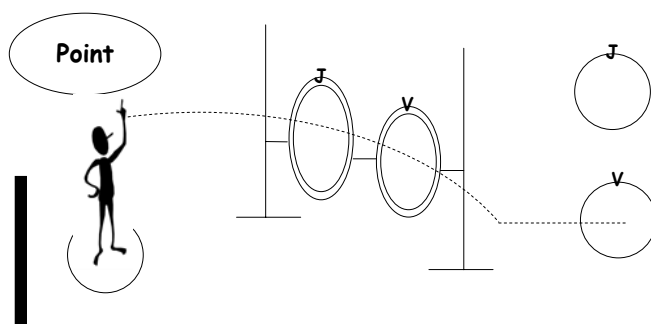
Throw successively 3 balls through the hoop.
The aim being to place the balls in the 2 colored corresponding targets.
1 bonus (2 points) if the player success to place a ball in both targets.

EXERCICE 64
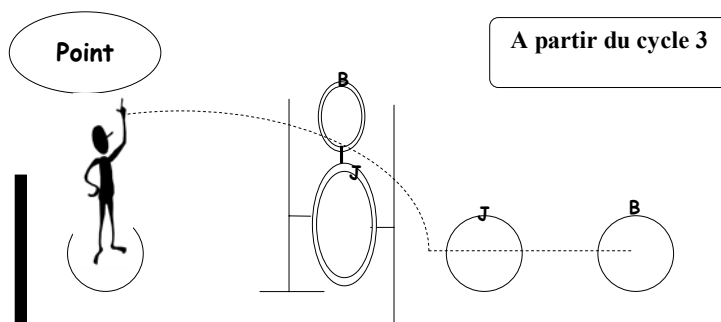
A partir du cycle 3

Throw successively 2 balls, 1 through the blue hoop and 1 through the yellow hoop.
The aim being to place the ball in the target with the same color as the hoop.
1 bonus (2 points) if the player success to place a ball in both corresponding targets.

u

45

EXERCICE 65

Point

A partir du cycle 3

Throw successively 2 balls, 1 through the blue hoop and 1 through the yellow hoop.
The aim being to place the ball in the target with the same color as the hoop without touching or going beyond the prison band (otherwise a failure – 2 points).
1 bonus (2 points) if the player success to place a ball in both corresponding targets.

EXERCICE 66

Tir

A partir du cycle 3
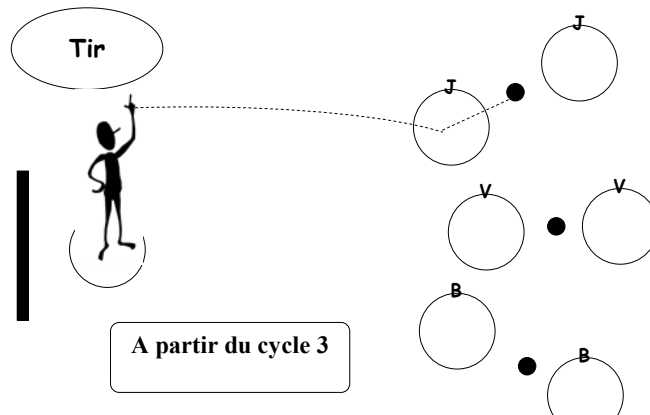
Throw successively 3 balls.
The aim being to place the ball in the first target of every color, then to touch the black ball in the second corresponding target.
1 bonus (2 points) if the player success to place a ball in the 3 corresponding targets .

EXERCICE 67

Tir

A partir du cycle 3
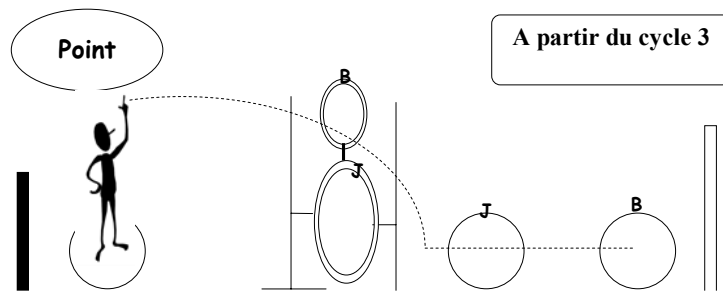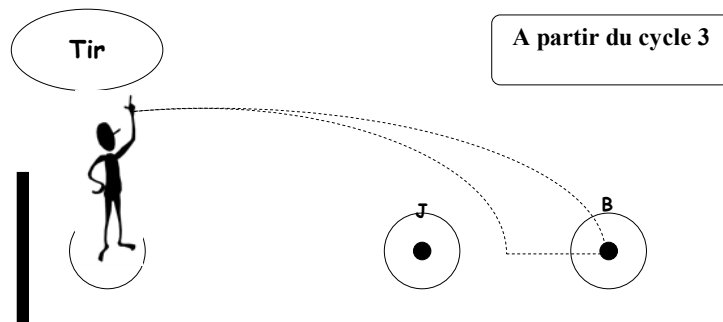
Throw successively 3 balls.
The aim being to shoot the black ball without touching the first one band (otherwise a failure – 2 points).
10 points for every successful throw.

EXERCICE 68

Tir

A partir du cycle 3
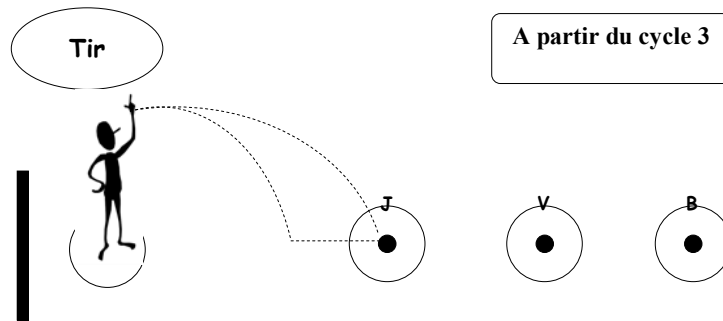
Throw successively 3 balls.
The aim being to shoot the blacks ball out of the targets.
1 bonus (2 points) if the player success 3 shoots.

EXERCICE 69

Tir
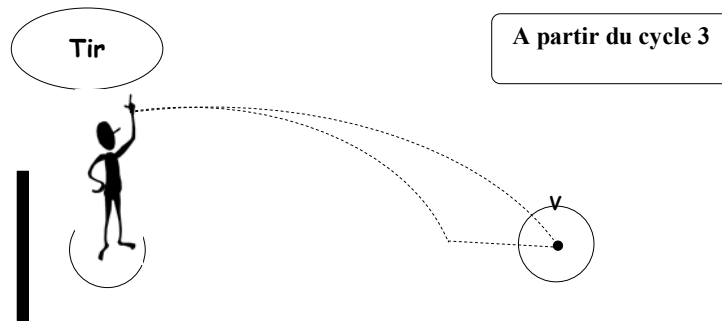
Throw successively 3 balls.
The aim being to shoot the cochonnet out of the target.
10 points for every successive success shoots.

EXERCICE 70

Tir
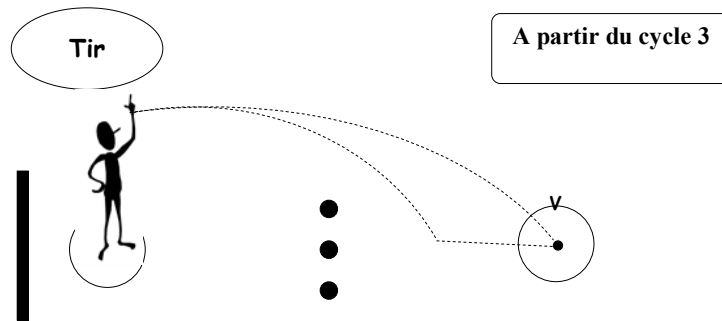
Throw successively 3 balls.
The aim being to shoot the cochonnet out of the target
without touching the black balls (otherwise a failure – 2
points).
10 points for every successful shoot.

EVALUATION TABLE

Stand N°…..

Points	MALUS -2	5	10	15	BONUS +2	**TOTAL 1**
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

Points	MALUS -2	5	10	15	BONUS +2	**TOTAL 1**
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

Points	MALUS -2	5	10	15	BONUS +2	**TOTAL 1**
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

Points	MALUS -2	5	10	15	BONUS +2	**TOTAL 1**
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

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EVALUATION TABLE

Stand N°…..

Points	MALUS -2	5	10	15	BONUS +2	**TOTAL 1**
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

Points	MALUS -2	5	10	15	BONUS +2	**TOTAL 1**
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

Points	MALUS -2	5	10	15	BONUS +2	**TOTAL 1**
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

Stand N°…..

Points	MALUS -2	5	10	15	BONUS +2	**TOTAL 1**
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

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