

**APPROVED BY
THE F.I.P.J.P. AND LE C.I.E.P.**



PEDAGOGICAL LEAFLET



« DISCOVER » KIT



« INITIATION » KIT



86 Petanque exercices for all levels

The words of the International Petanque Federation
President.

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 exercises.

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

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Educative contributions of the Petanque

The Petanque contributions have several aspects which, as for all human matters, are overlapped 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
- Movement coordination
- Stability
- Mobility
- Physical training

SENSORY CONTRIBUTION :

- Touching
- Object manipulation
- Sight
- Observation
- Psychology sense

EMOTIONAL CONTRIBUTION

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

SOCIAL CONTRIBUTIONS

- Mixity (age, sex, social origin, professional ...)
- Friendliness
- Speaking
- Gathering
- Animation

INTELLECTUAL 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 :

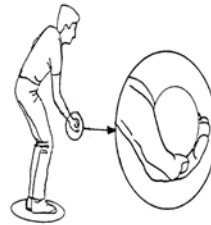
The teacher will have to look with every children, standing or squatting, for the most suitable position.

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 movement.

GAME POSITIONS

a. Standing position



preparation



Wrist turned back



Back position of the arm



Arm movement



throwing

Half wrist
Hand movement

b. Squatting position



Position de départ.



Wrist turned back



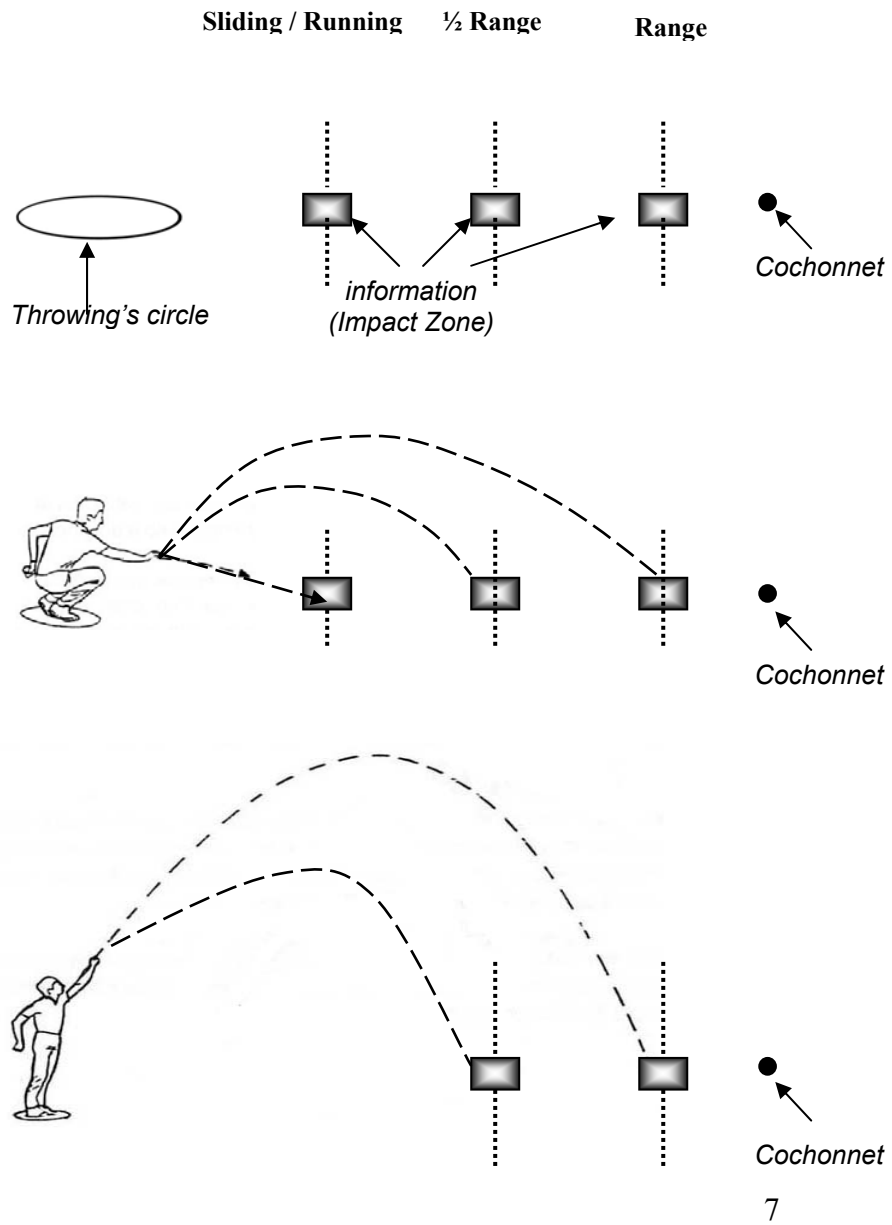
Back position of the arm



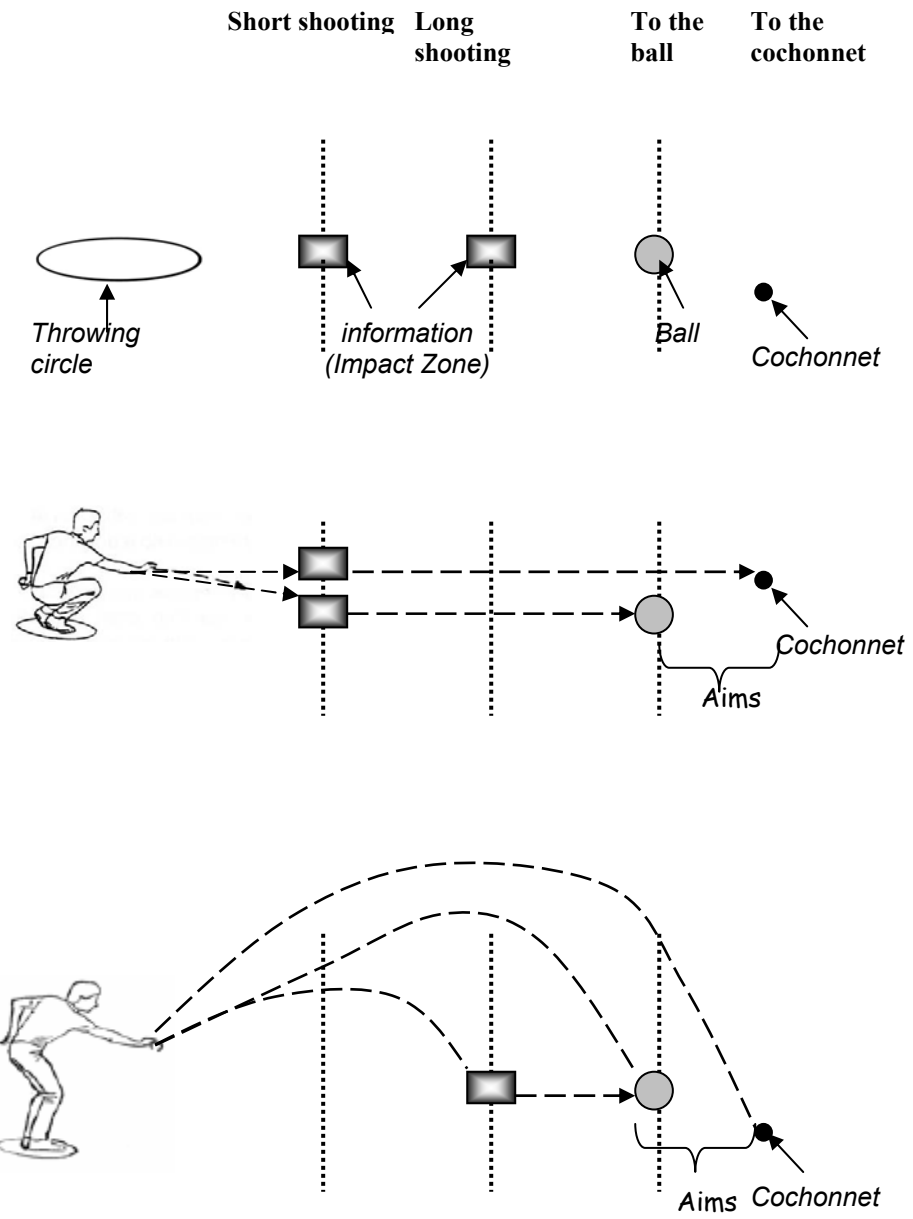
throwing

Throwing methods

1/ Goal and Point :



2/ Throwing :






"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


Content


 Petanque balls approved by FIPJP (Ø 65mm, weight 200g)
Red


 Blue

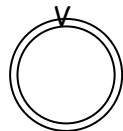
 Cochonnet or But (Ø 35)

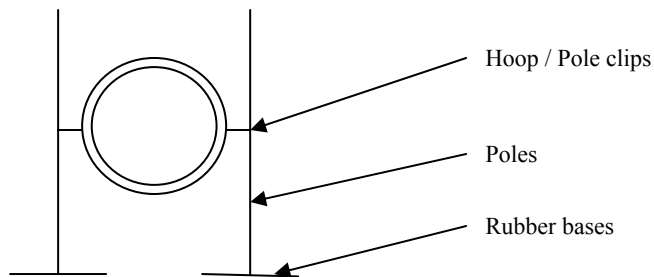
 Black ball (Ø 65mm)

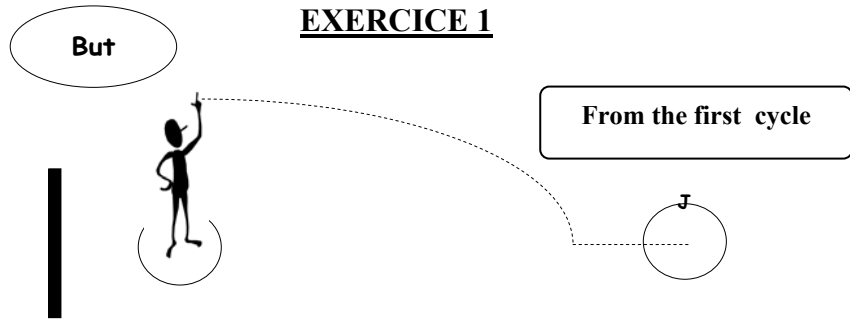
 « STOP » band
(100cm)

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

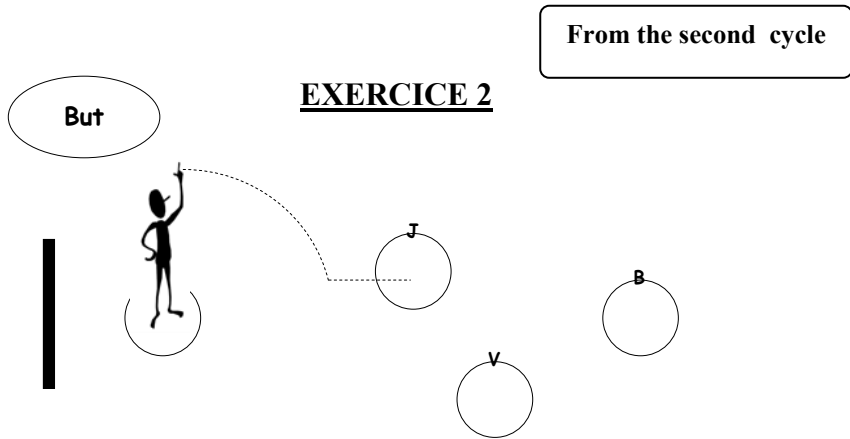
 Throwing circle (Ø 40cm)

 Green hoop (Ø 65cm)





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



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

EXERCICE 3

But

From the third cycle

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

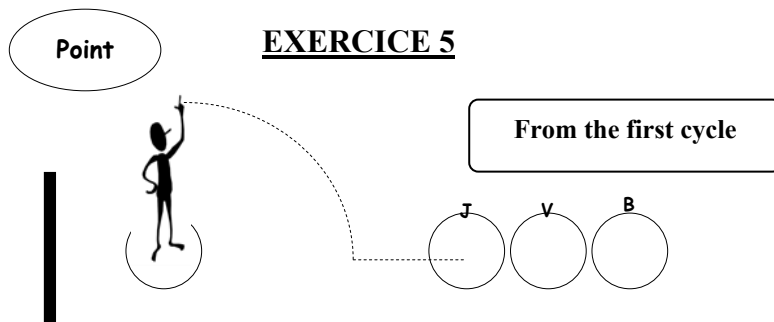


EXERCICE 4

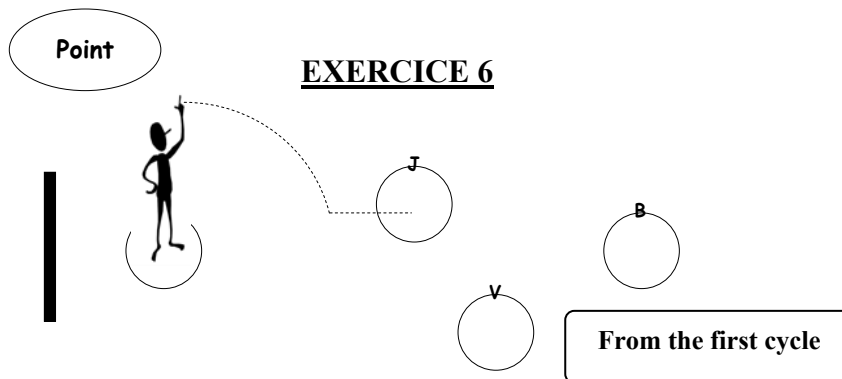
Point

From the first cycle

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

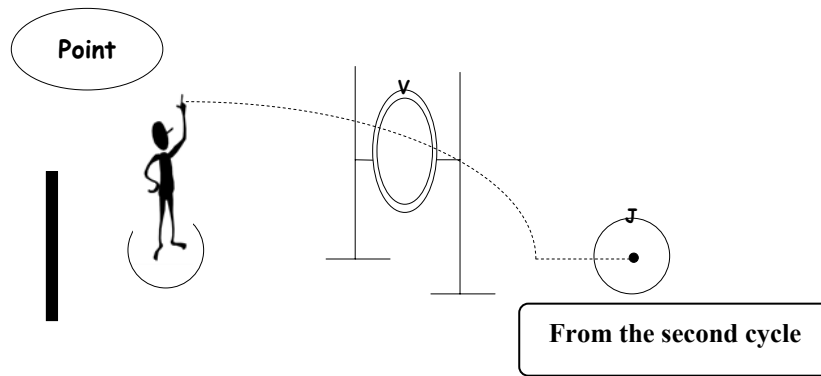


Throw successively 3 balls
 The aim is to put the balls in every target hoop
 The player wins a Bonus (2 points) if he manages to place
 the 3 cochonnets



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

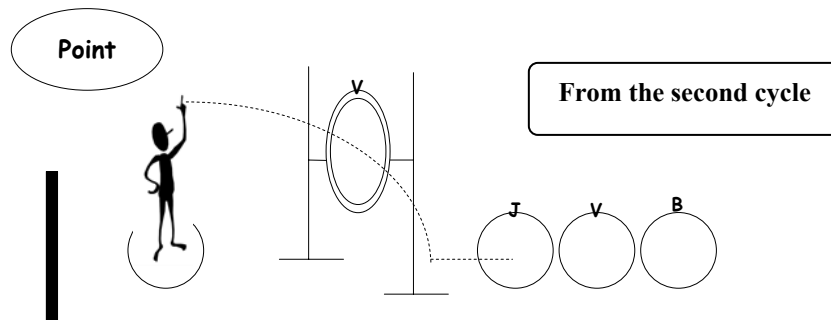
EXERCICE 7



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

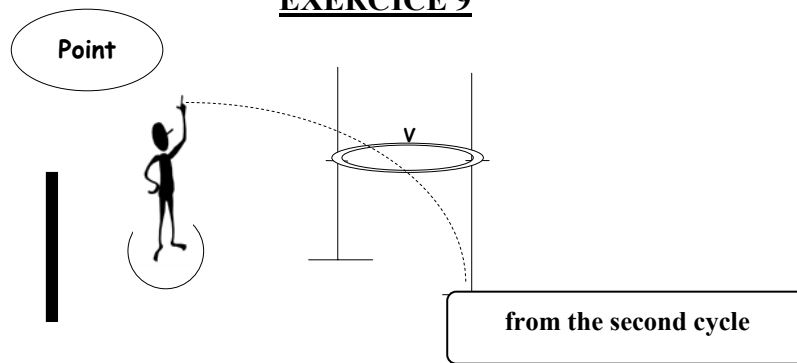
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EXERCICE 8



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

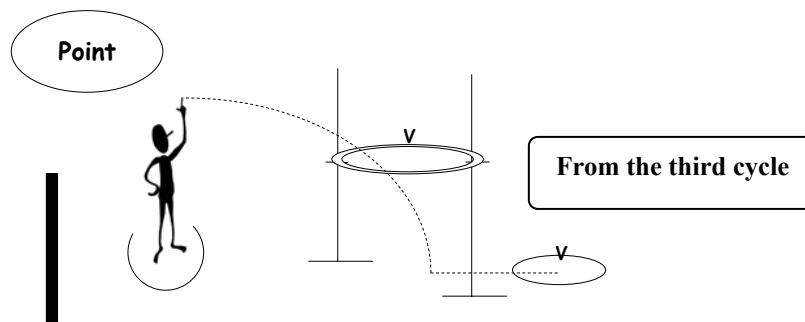
EXERCICE 9



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

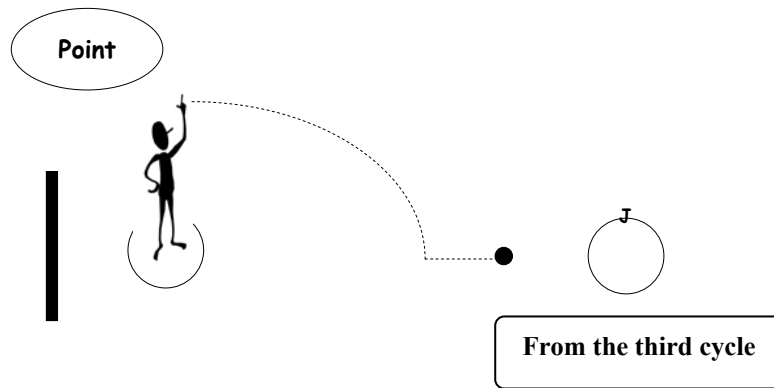
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EXERCICE 10



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

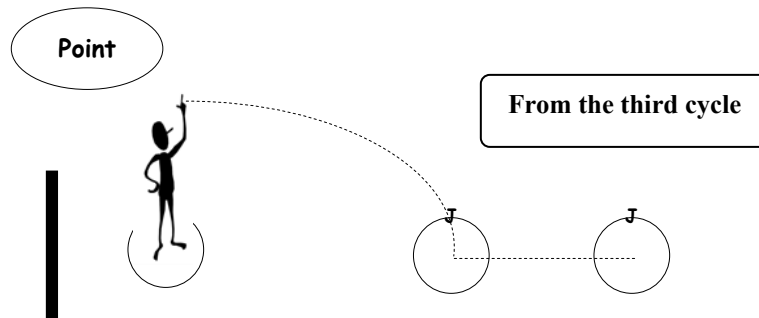
EXERCICE 11



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

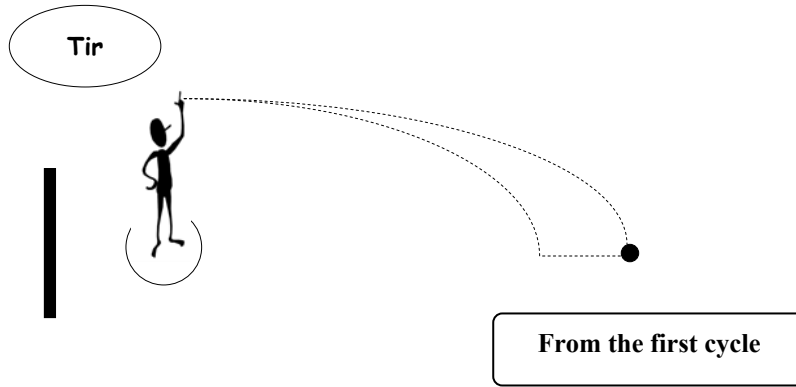
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EXERCICE 12



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)

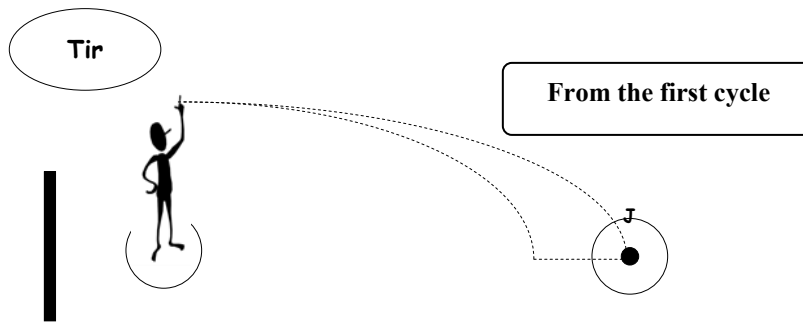
EXERCICE 13



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

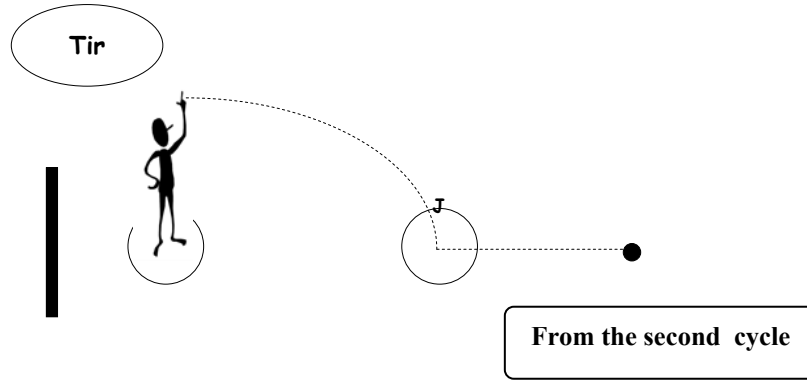
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EXERCICE 14



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

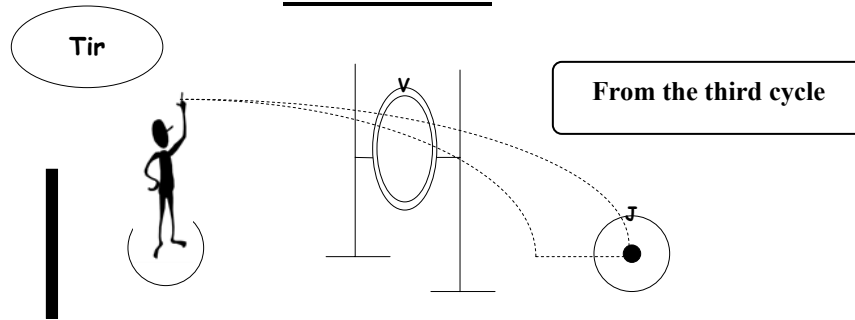
EXERCICE 15



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



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						
<i>Stand N°.....</i>						
Points	FAILURE	5	10	15	BONUS	TOTAL
	-2				+2	1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	FAILURE	5	10	15	BONUS	TOTAL
	-2				+2	1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	FAILURE	5	10	15	BONUS	TOTAL
	-2				+2	1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	FAILURE	5	10	15	BONUS	TOTAL
	-2				+2	1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

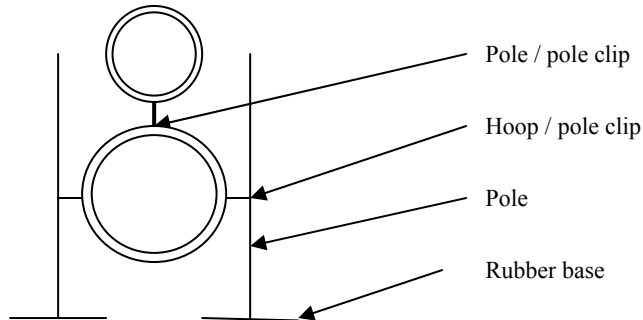
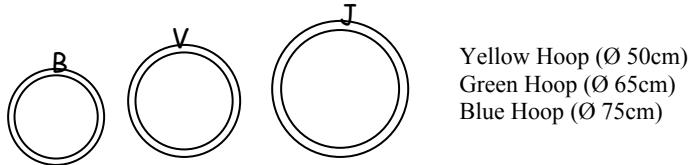
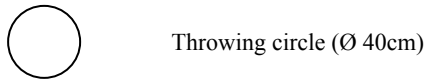
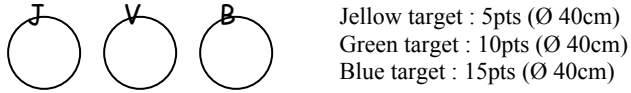
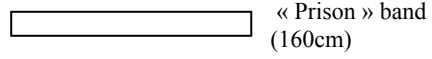
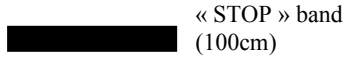
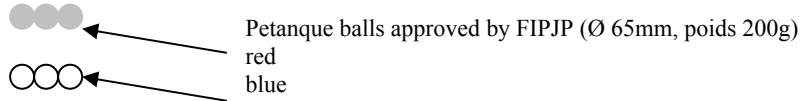


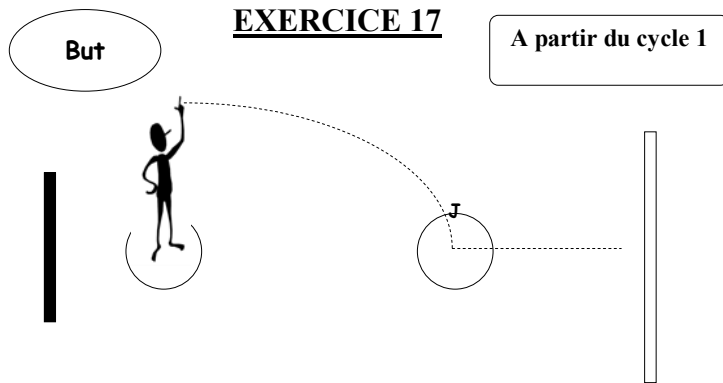
"INITIATION" Kit

Content :

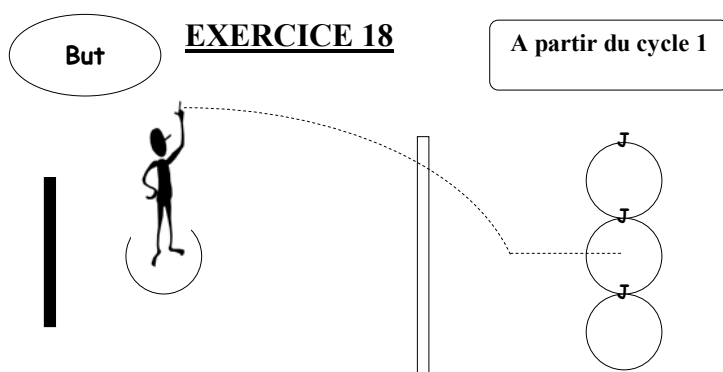
- 1 bag
- 3 black balls
- 1 blue hoop (Ø 50cm)
- 1 green hoop (Ø 65cm)
- 1 yellow hoop (Ø 75cm)
- 4 poles (H120cm – Ø 25cm)
- 4 rubber bases
- 4 pole / hoop clips
- 1 hoop / hoop clip
- 4 red throwing circle (Ø 40cm)
- 12 target hoops (yellow, green, blue, Ø 40cm)
- 4 STOP red bands
- 2 « Prison » bands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

Symbolic explanation of the content

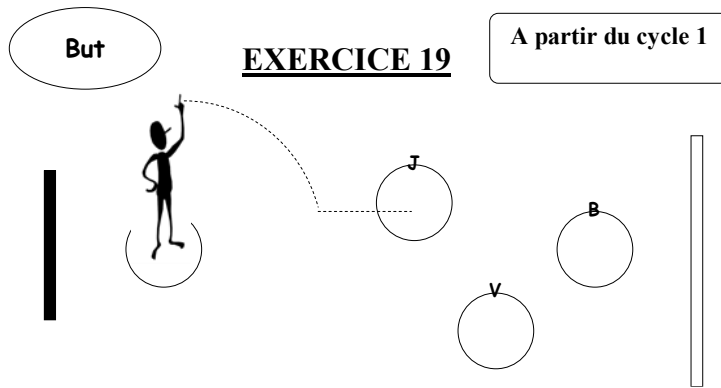




Throw successively 3 cochonnets in the target.
 The aim being to place the cochonnet the closest from »
 the prison band, without touching or going beyond
 (otherwise 1 failure, 2 points).

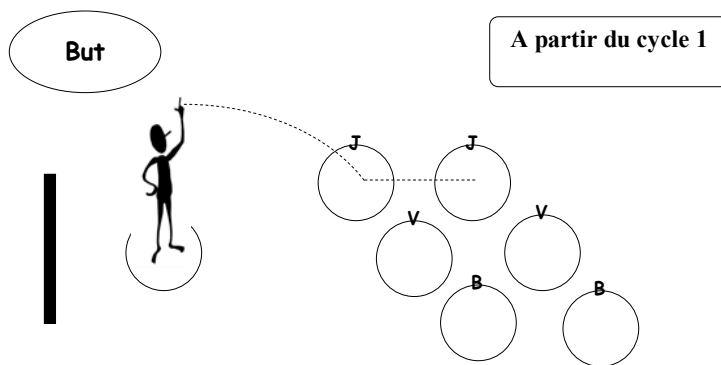


Throw successively 3 cochonnets beyond the prison
 band.
 The aim being to place the cochonnet in one of the three
 targets.
 If the player manages to place the 3 cochonnets he wins
 a bonus (2 points).



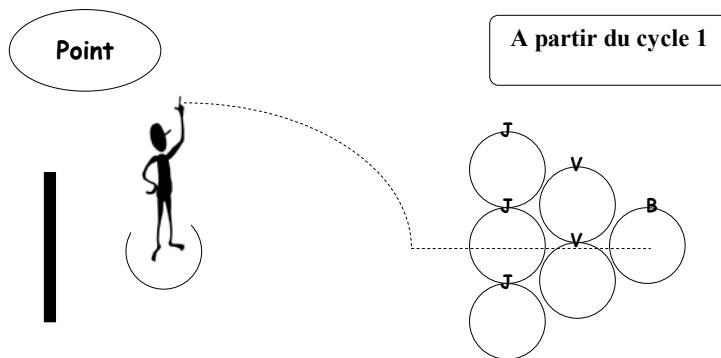
Throw successively 3 cochonnets in every target without touching or going beyond the prison band (otherwise failure – 2 points)
 If the player manages to place correctly the three cochonnets he wins 1 bonus point.

EXERCICE 20



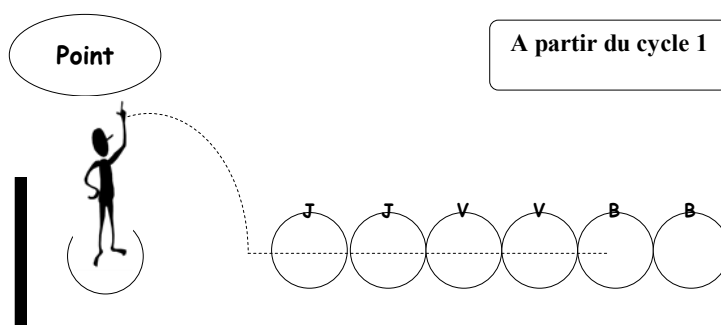
Throw successively 3 cochonnets in the first target of every color.
 The aim being to place the cochonnet in the second target corresponding.
 If the player manages to place the 3 correctly, he wins a bonus (2points)

EXERCICE 21



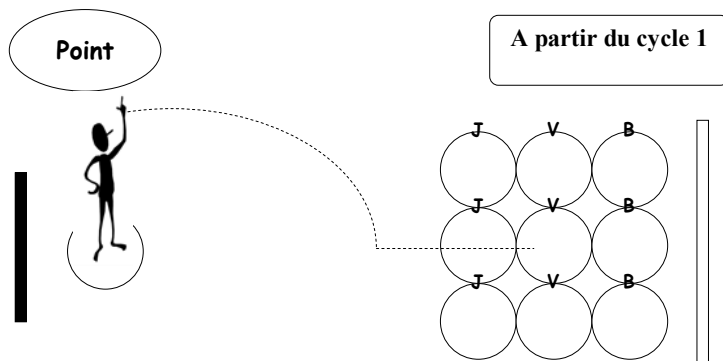
Throw successively 3 balls
The aim being to place them in the targets
If the player manages to place the three balls , he
wins the bonus (2points)

EXERCICE 22



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

EXERCICE 23

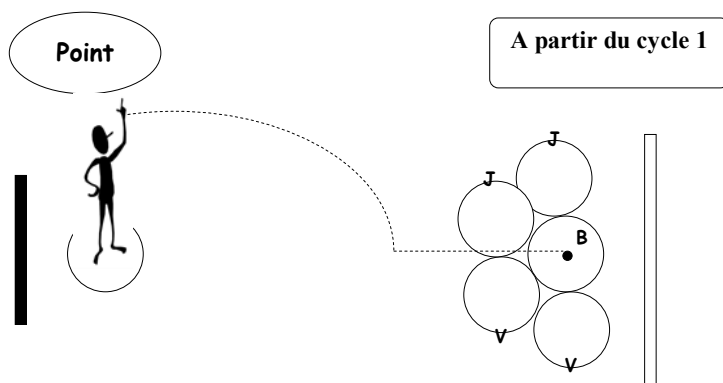


Throw successively 3 balls

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)

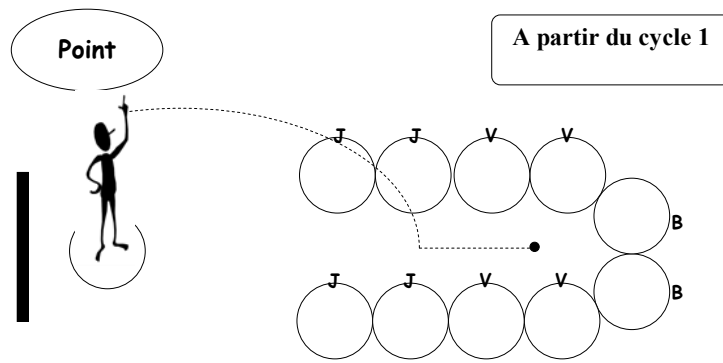
EXERCICE 24



Throw successively 3 balls

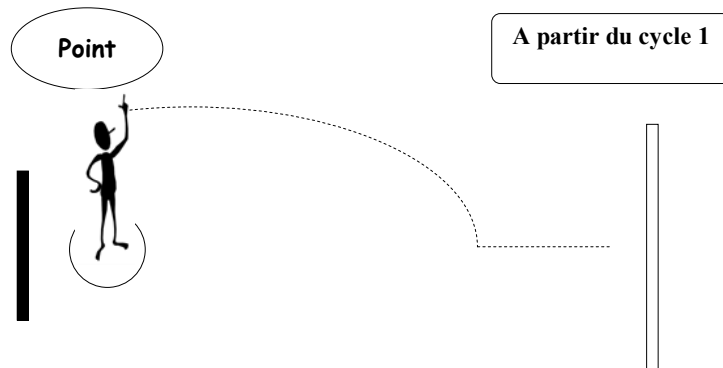
The aim is to place the balls in the blue target without touching or going beyond the Prison band (otherwise a failure, minus 2 points)

EXERCICE 25



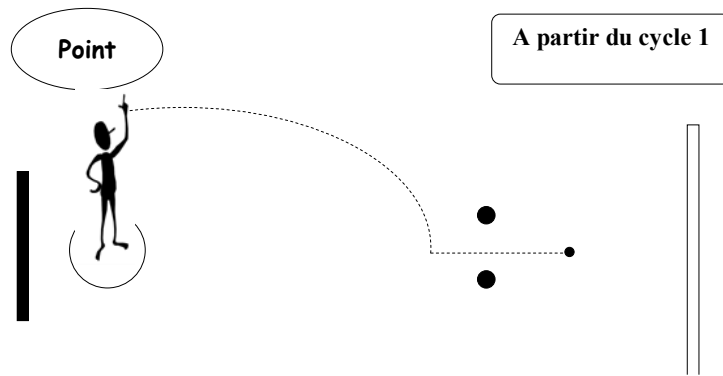
Throw successively 3 balls
The aim is to place the balls close to the target without touching
or going beyond the targets (otherwise a failure, minus 2 points)
5 points for every successful throw

EXERCICE 26



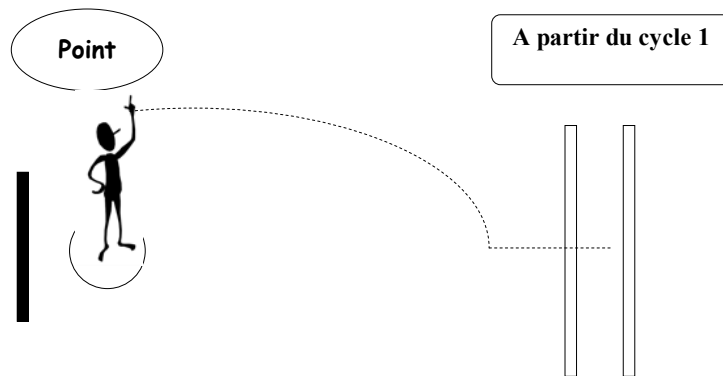
Throw successively 3 balls
The aim is to place the balls closest to Prison band without
touching or going beyond (otherwise a failure, minus 2
points)
5 points for every successful throw

EXERCICE 27



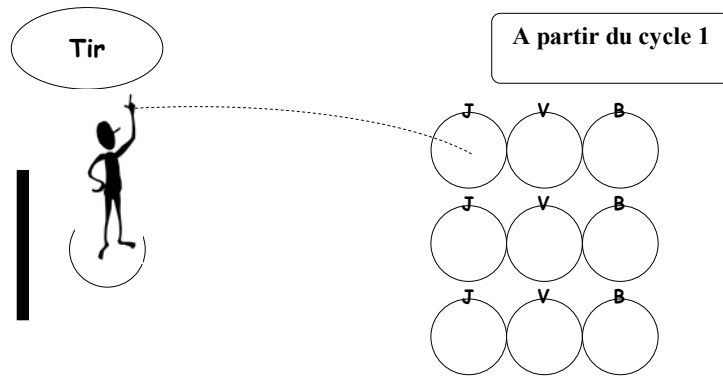
Throw successively 3 balls between the black balls
The aim is to place the balls close to the cochonnet without touching the black balls or the prison band (otherwise a failure, minus 2 points)
5 points for every successful throw

EXERCICE 28



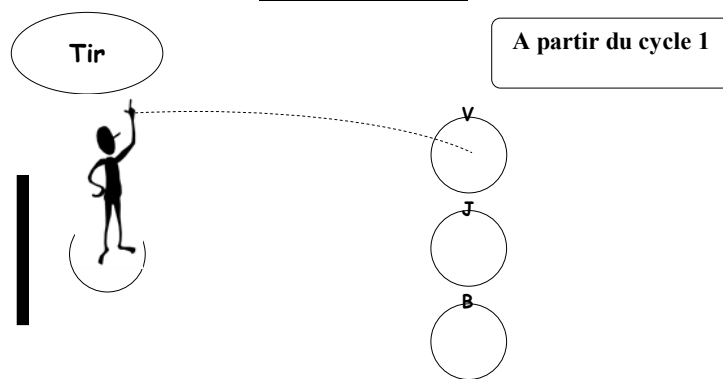
Throw successively 3 balls
The aim being to place the ball between the 2 Prison band without going beyond the second band (otherwise failure, minus 2 points)
5 points for every successful throw

EXERCICE 29



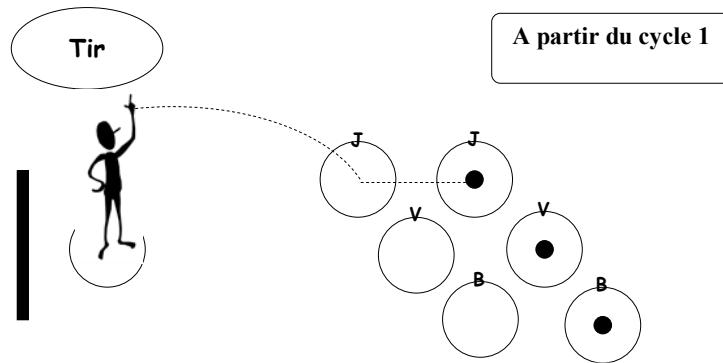
Throw successively 3 balls
The aim being to shoot in every targets

EXERCICE 30



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

EXERCICE 31

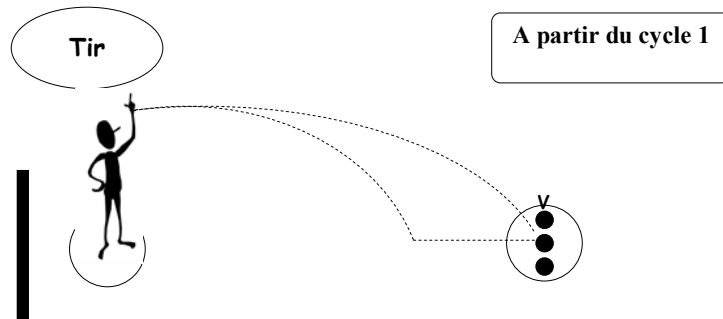


Throw successively 3 balls in the first target of every color.

The aim being to shoot the black balls in the second target.

A bonus (1 point) for 3 successful throw

EXERCICE 32

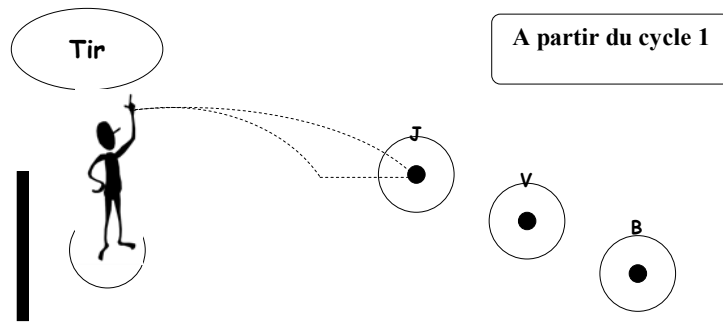


Throw successively 3 balls.

The aim being to shoot the black balls out of the target.

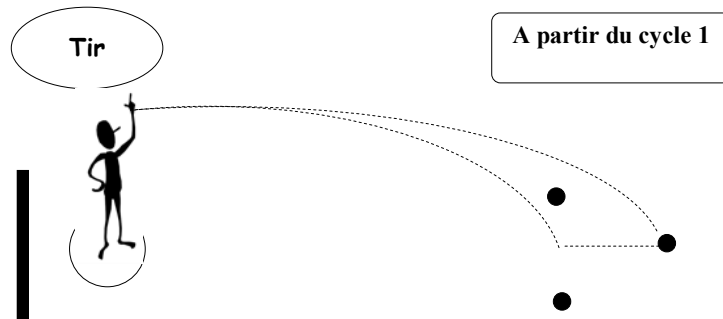
5 points for every successful shoot

EXERCICE 33



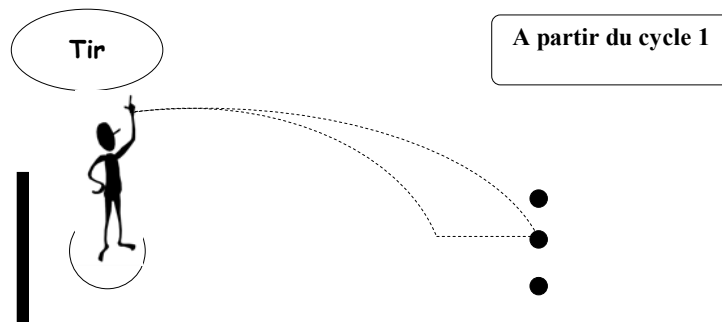
Throw successively 3 balls.
The aim being to shoot the black balls out of the target.
1 bonus (2 points) for 3 successful shoots

EXERCICE 34



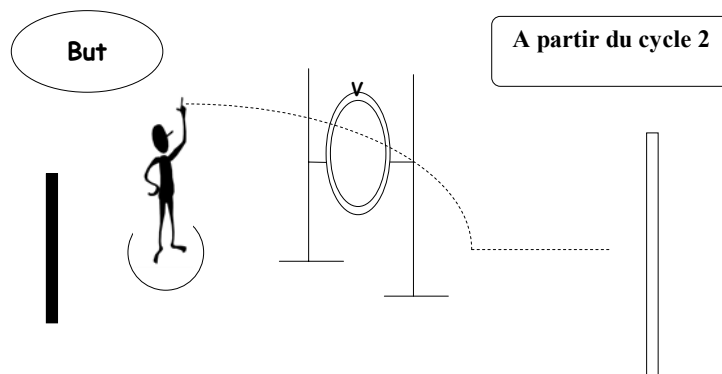
Throw successively 3 balls.
The aim being to shoot the black ball in the middle without touching other black balls.
5 points for every successful shoot

EXERCICE 35



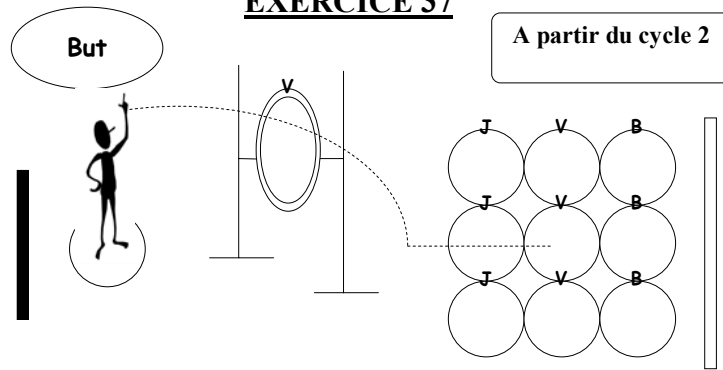
Throw successively 3 balls.
The aim being to shoot the black balls
5 points for every successful shot
If the the player manages the 3 shots, he wins a bonus (2 points).

EXERCICE 36



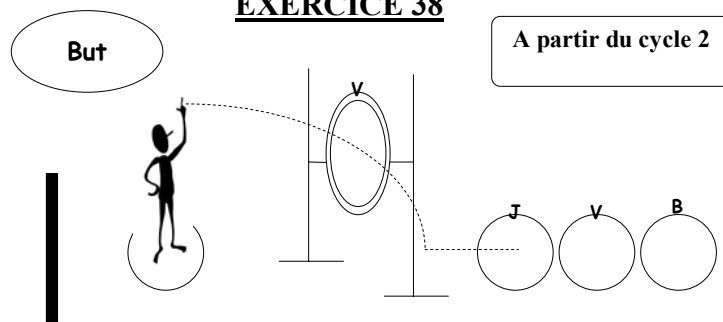
Throw successively 3 cochonnets through the hoop.
The aim being to be close to the Prison band, without touching it
and going beyond (otherwise a failure , 2 points)
5 points for every successful shot

EXERCICE 37



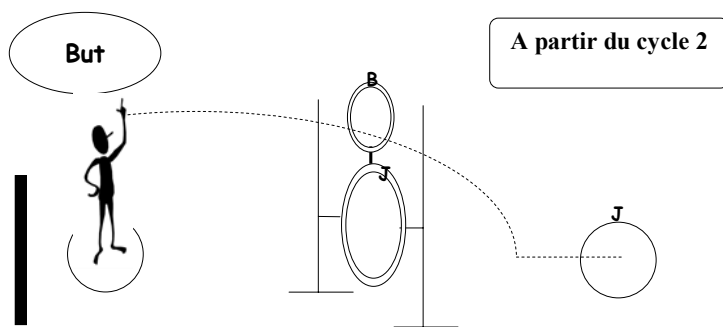
Throw successively 3 cochonnets through the hoop.
The aim being to place the cochonnet in the targets, without touching the Prison band and going beyond (otherwise a failure, 2 points)
A bonus (2 points) if the player manages to place a ball in every color

EXERCICE 38



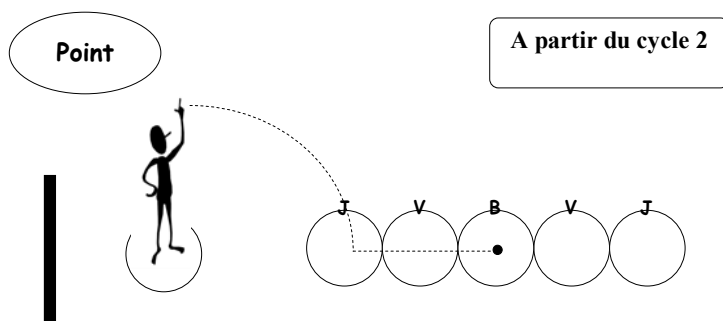
Throw successively 3 cochonnets through the hoop.
The aim being to place the cochonnet in one of the targets,
A bonus (2 points) if the player manages to place a cochonnet in every hoop.

EXERCICE 39



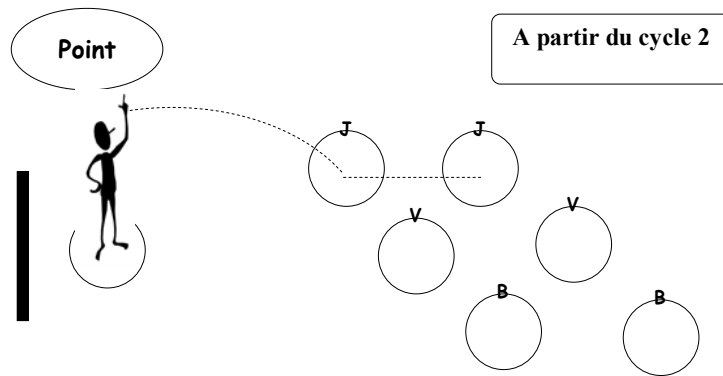
Throw successively 3 cochonnets through one of the 2 hoops.
The aim being to place the cochonnet in the targets,
Points following the color of the hoop (see target point table)

EXERCICE 40



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

EXERCICE 41

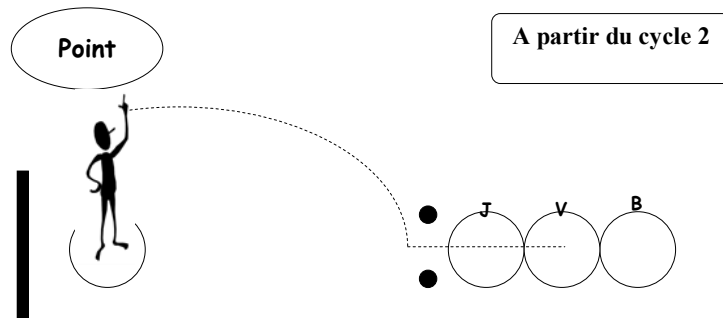


Throw successively 3 balls in the first target of every color.

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.

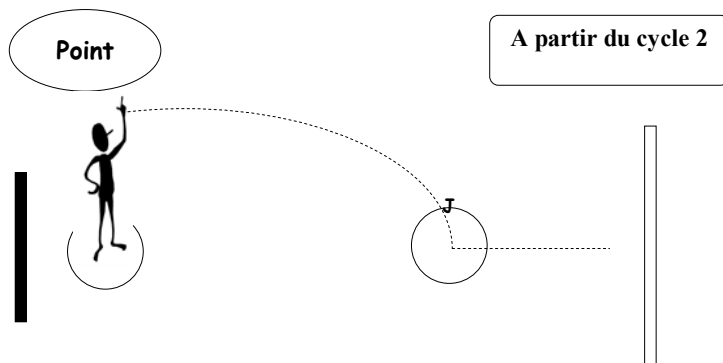
EXERCICE 42



Throw successively 3 balls between the black balls.

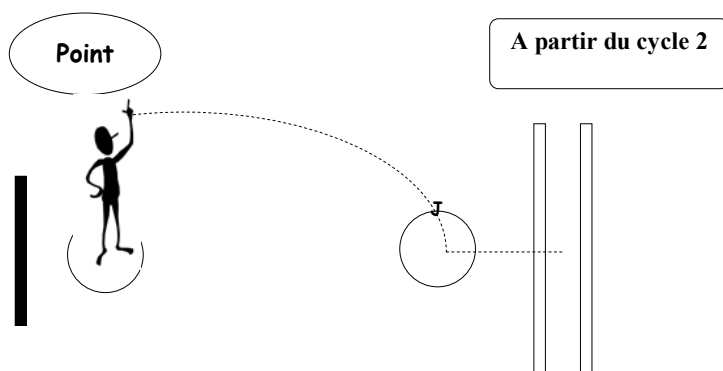
The aim being to place the ball in the targets without touching the black balls.

EXERCICE 43



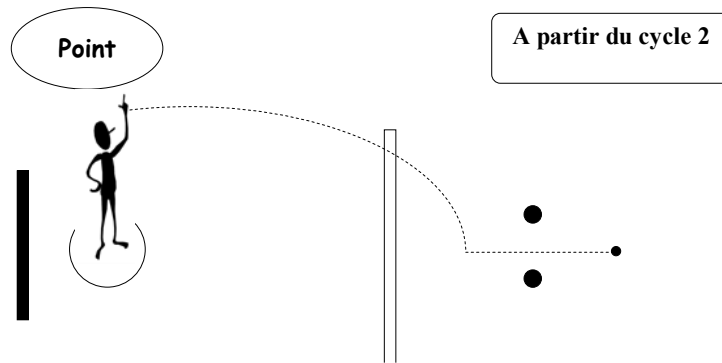
Throw successively 3 balls in the target.
The aim being to be close to the prison band without touching or going beyond. (otherwise a failure - 2 points)
5 points for every successful throwing.
If the player puts 3 times a ball in the target he wins a bonus (2 points).

EXERCICE 44



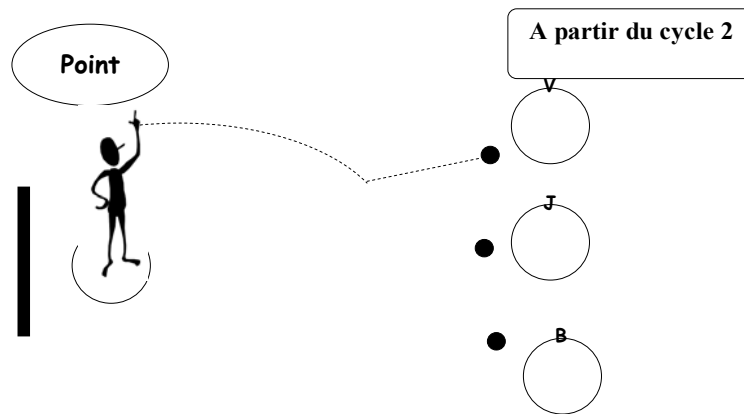
Throw successively 3 balls in the target.
The aim being to place the ball between the 2 prison band without touching or going over the 2 band (otherwise a failure - 2 points)
5 points for every successful throwing.

EXERCICE 45



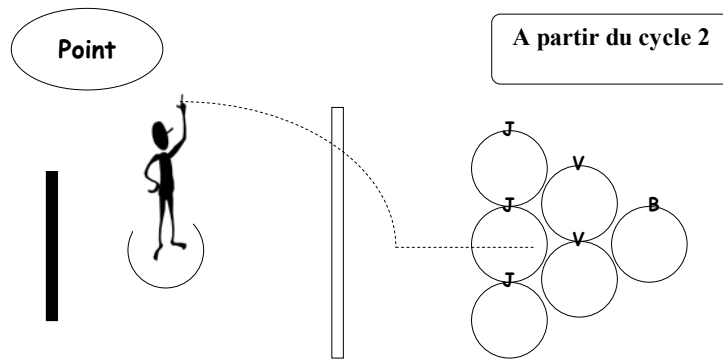
Throw successively 3 balls beyond the prison band and between the black balls.
The aim being to place the ball close to the cochonnet without touching the black balls (otherwise a failure - 2 points)
5 points for every successful throwing.

EXERCICE 46



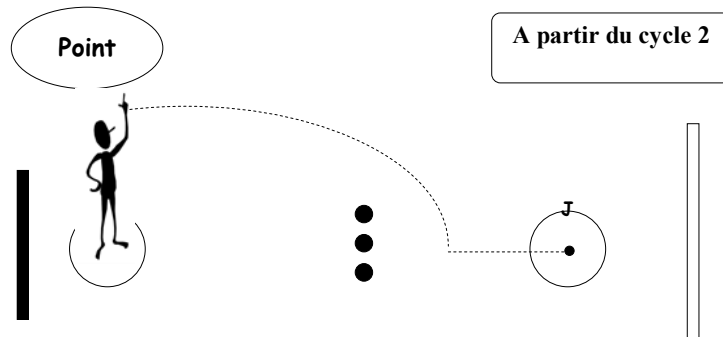
Throw successively 3 balls.
The aim being to put the black balls in the corresponding targets.
If the player success 3 times, he wins a bonus (2 points).

EXERCICE 47



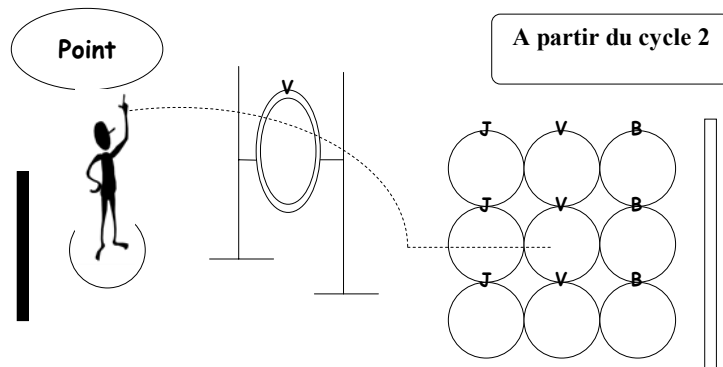
Throw successively 3 balls beyond the prison band.
The aim being to put the balls in the targets.
If the player success 3 times, he wins a bonus (2 points).

EXERCICE 48



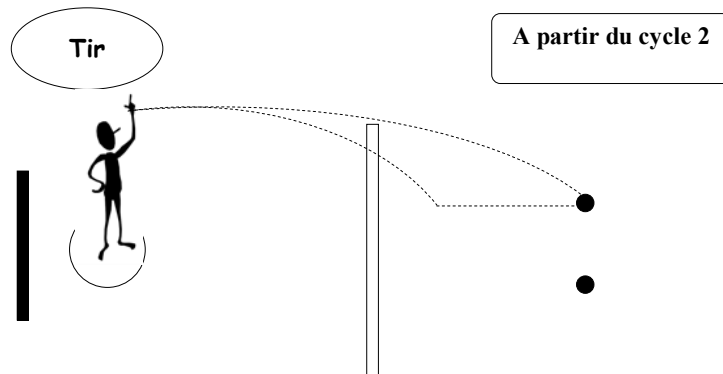
Throw successively 3 balls.
The aim being to put the ball close to the cochonnet and staying
in the target, without touching the black balls (otherwise a
failure (- 2 points).
5 points for every successful throwing.

EXERCICE 49



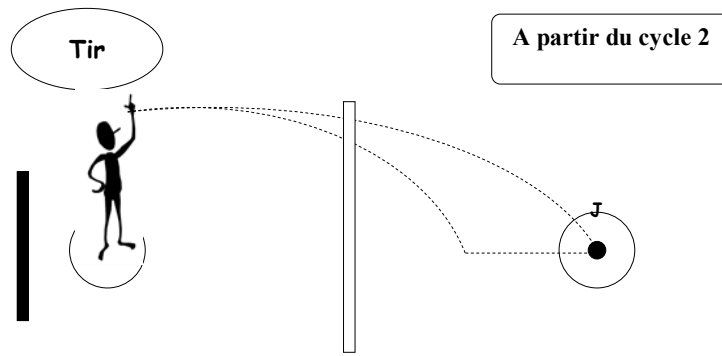
Throw successively 3 balls through the hoop.
The aim being to put the ball in the targets without touching or going beyond the prison band (otherwise a failure,- 2 points).
If the player manages to place a ball in every color he wins a bonus (2 points).

EXERCICE 50



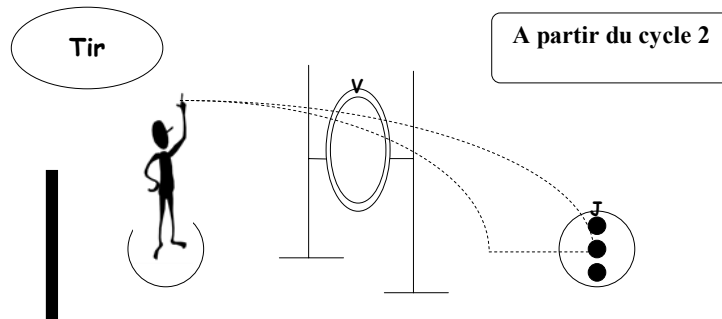
Throw successively 3 balls beyond the prison band.
The aim being to shoot the 2 black balls.
5 points for every successful throw.

EXERCICE 51



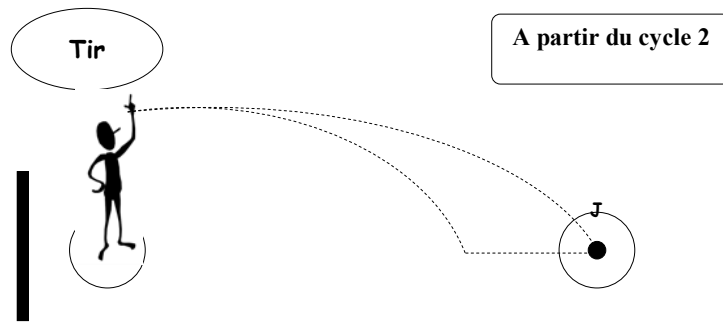
Throw successively 3 balls beyond the prison band.
The aim being to shoot the black ball out of the target.
5 points for every successful throw.

EXERCICE 52



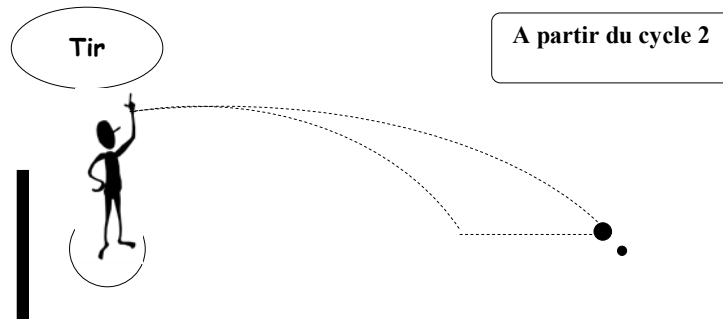
Throw successively 3 balls through the hoop.
The aim being to shoot the black ball out of the target.
5 points for every successful throw.
1 bonus (2 points) if the player shoot the 3 black balls.

EXERCICE 53



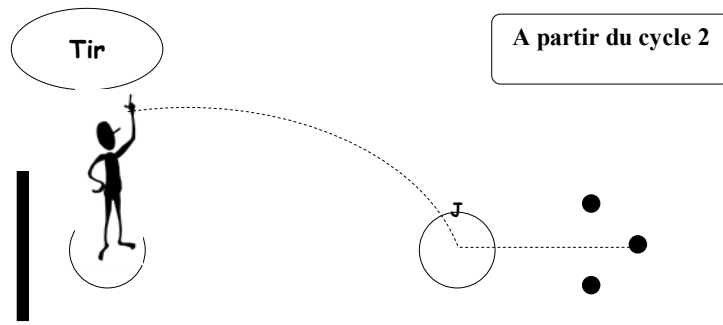
Throw successively 3 balls.
The aim being to shoot the black ball out of the target.
5 points for every successful throw.

EXERCICE 54



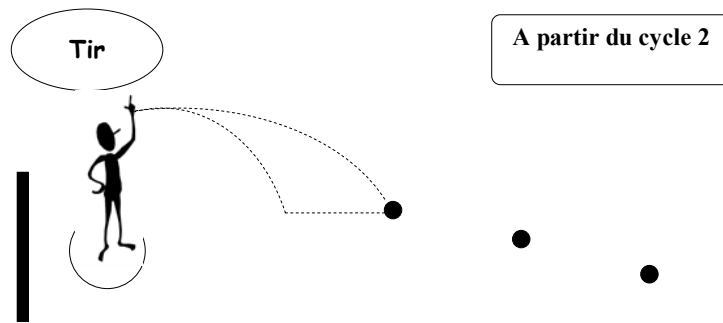
Throw successively 3 balls.
The aim being to shoot the black ball without touching the cochonnet
(otherwise a failure – 2 points).
5 points for every successful throw

EXERCICE 55



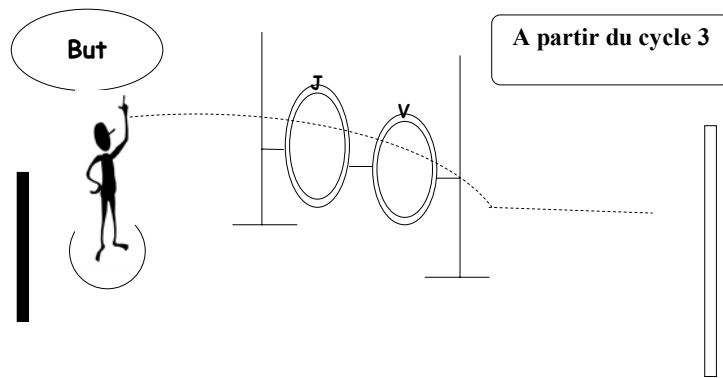
Throw successively 3 balls in the target.
The aim being to shoot the black ball without touching the other balls (otherwise a failure – 2 ponist).
5 points for every successful throw

EXERCICE 56



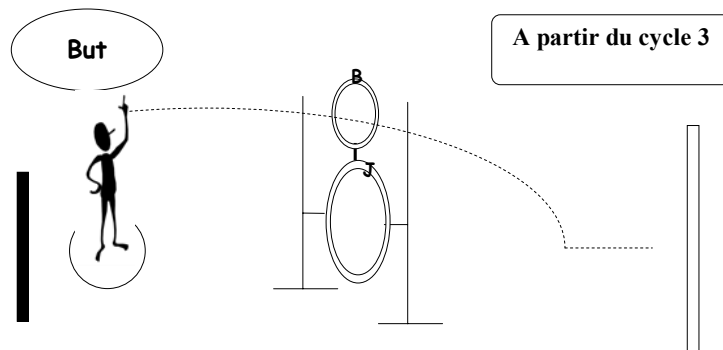
Throw successively 3 balls.
The aim being to shoot the black ball
5, 10 , 15 points for every successful throw accordingly the distance.
1 bonus (2 points) if the player shoot the 3 black balls

EXERCICE 57



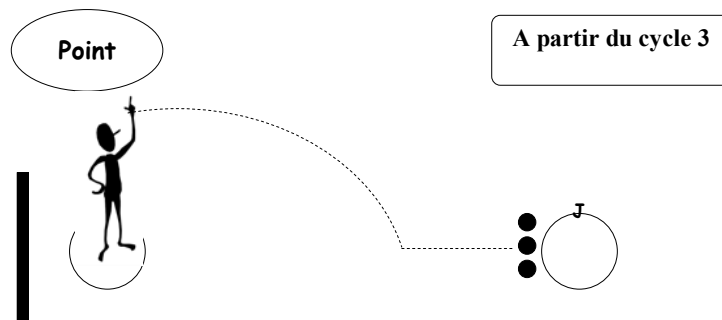
Throw successively 3 balls through the hoops.
The aim being to be close to the prison band, without touching or going beyond (otherwise a failure – 2 points).
Points following the color of the hoop (see targets data)

EXERCICE 58



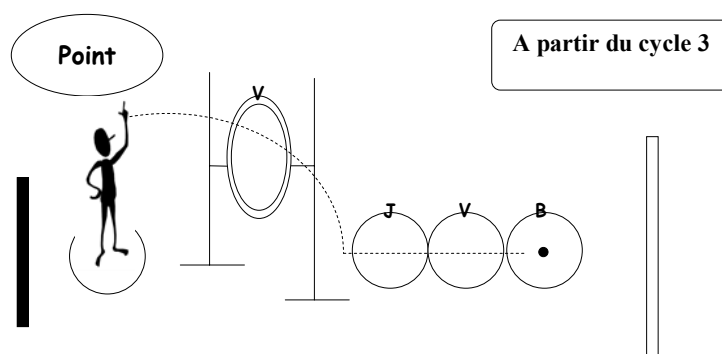
Throw successively 2 cochonnets (1 in the blue hoop, the other in the yellow one).
The aim being to be close to the prison band, without touching or going beyond (otherwise a failure – 2 points).
Points following the color of the hoop (see targets data)

EXERCICE 59



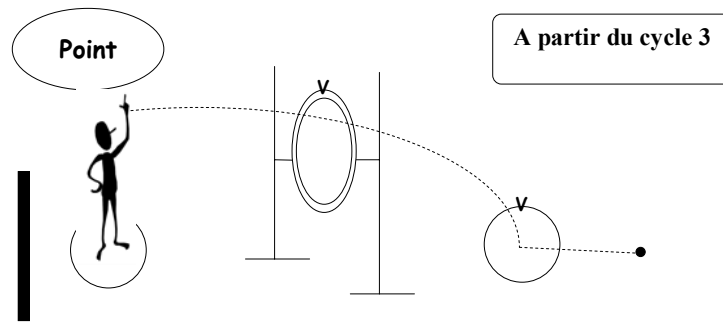
Throw successively 3 balls.
The aim being to shoot the black balls in the target.
10 points for every successful throw.
1 bonus (2 points) if the player success 3 times.

EXERCICE 60



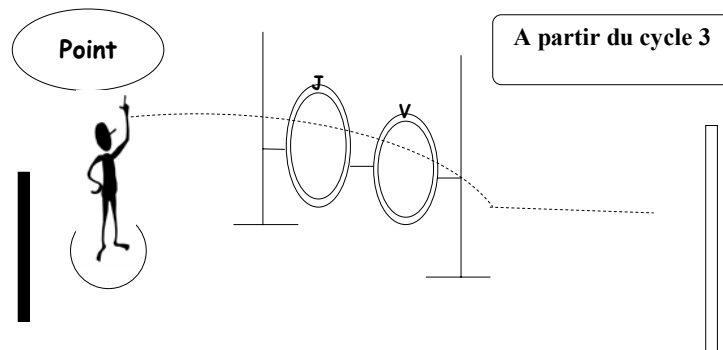
Throw successively 3 balls through the hoop.
The aim being to be close to the cochonnet without touching
or going beyond the prison band (otherwise a failure – 2
points).

EXERCICE 61



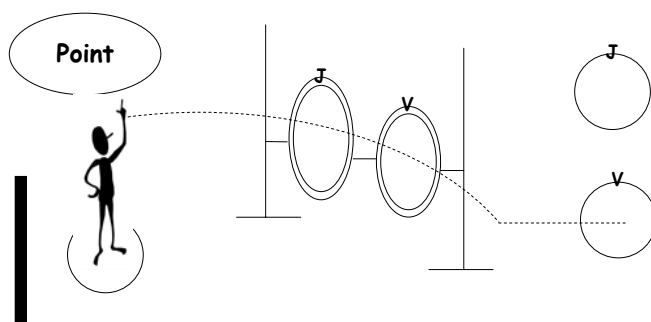
Throw successively 3 balls through the hoop.
The aim being to go through the target, with corresponding color,
and to stop close the cochonnet.

EXERCICE 62



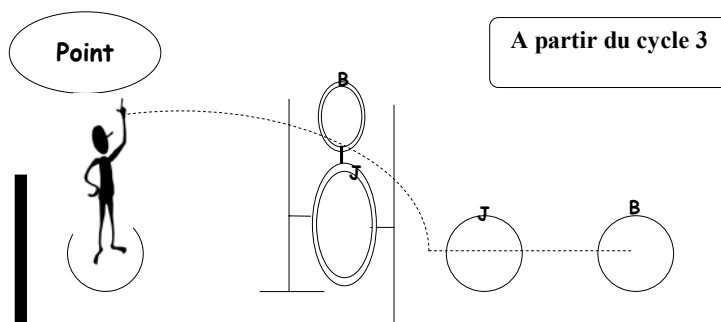
Throw successively 3 balls through the hoop.
The aim being to go the closest to the prison band
without touching or going beyond (otherwise a
failure – 2 points).
Points following the color of the hoop (see targets
data)

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.

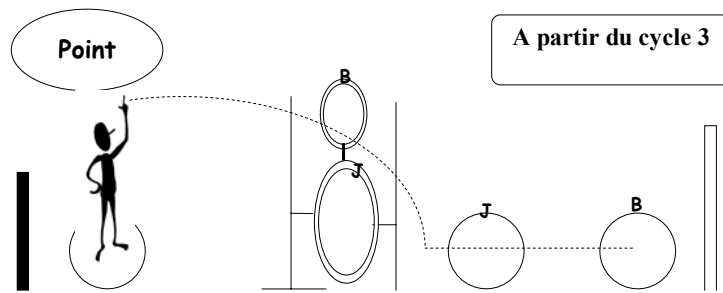
EXERCICE 64



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.

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EXERCICE 65

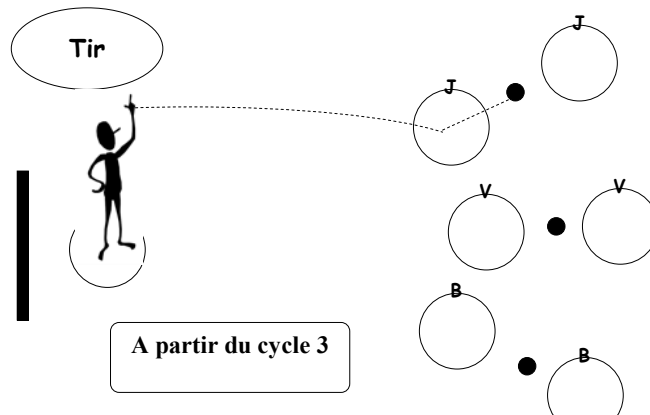


Throw successively 2 balls, 1 through the blue hoop and 1 through the yellow hoop.

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

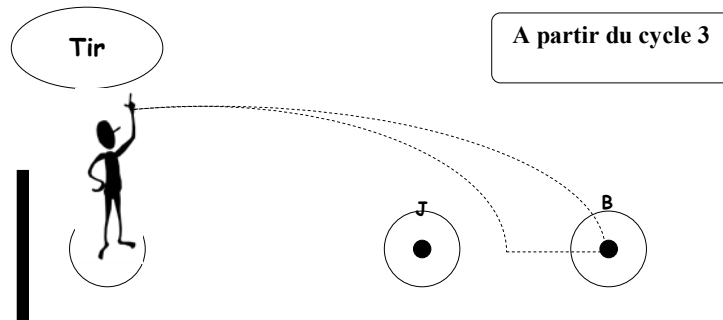


Throw successively 3 balls.

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.

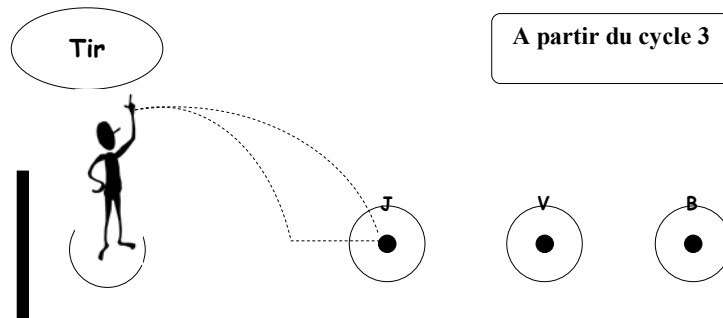
1 bonus (2 points) if the player success to place a ball in the 3 corresponding targets .

EXERCICE 67



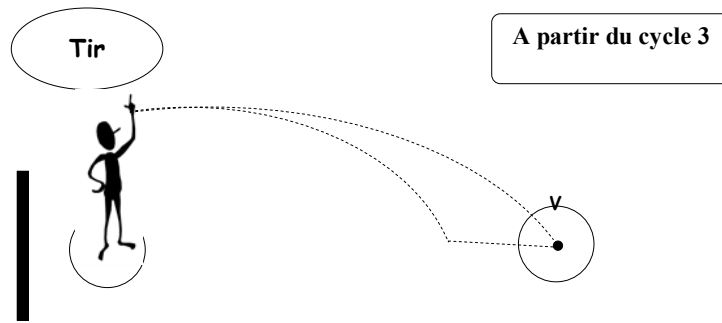
Throw successively 3 balls.
The aim being to shoot the black ball without touching the first one
band (otherwise a failure – 2 points).
10 points for every successful throw.

EXERCICE 68



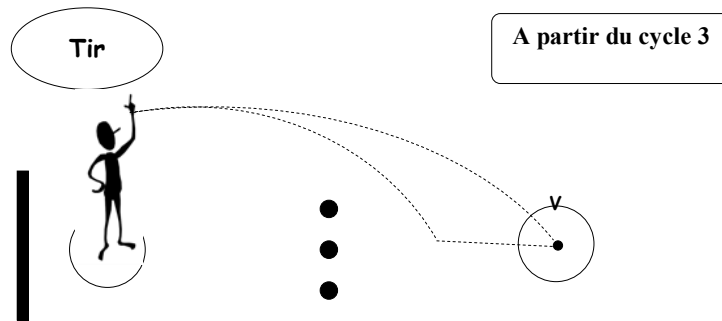
Throw successively 3 balls.
The aim being to shoot the blacks ball out of the targets.
1 bonus (2 points) if the player success 3 shoots.

EXERCICE 69



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

EXERCICE 70



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

<i>Stand N°.....</i>						
Points	MALUS -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	MALUS -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	MALUS -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	MALUS -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						

EVALUATION TABLE

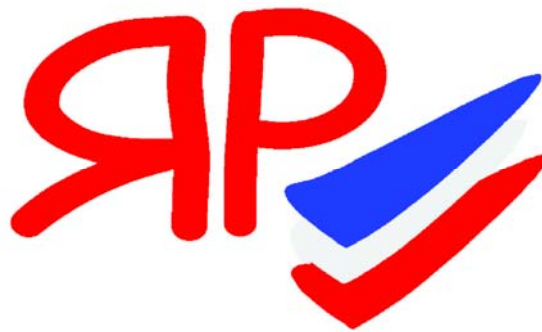
<i>Stand N°.....</i>						
Points	MALUS -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	MALUS -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	MALUS -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						
<i>Stand N°.....</i>						
Points	MALUS -2	5	10	15	BONUS +2	TOTAL 1
Throw 1						
Throw 2						
Throw 3						
TOTAL 2						



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