



NEW AGE KURLING - DELIVERING BETWEEN THE GATE

Quick introduction

In this challenge teams of four deliver stones at gates that get progressively narrower. This can be an individual or team challenge.

Getting started

- Maximum of four players in a team.
- The challenge consists of three rounds that get progressively harder.
- Round 1 : each player takes a turn to deliver a stone through a 120cm gate from three different distances.
- In rounds 2 and 3 the gate width is reduced.
- Stones passing through the gate without touching score one point.
- The team with the highest accumulative score after three rounds wins.
- Gate width: round 1 - 120cm; round 2 - 75cm; round 3 - 45cm.
- Use three different distances: far hog line, near hog line and delivery line.
- Maximum score per team after three rounds = $(4 \times 3) \times 3 = 36$.

Health and safety

- Keep all equipment against the wall when not being used to prevent people tripping over.
- Everyone should wear shoes to minimise the chance of injury if stones are dropped.
- Encourage players not to wave pushers in the air and not to run across court when the game is in progress.
- Do not stand on the targets, they are not fixed to the floor.

Equipment required

- Half a badminton court.
- 4 kurling stones.
- 2 gateposts e.g. cones or slalom skittles.
- Length adjustable pusher (optional).
- Kurling ramp (for more severely disabled).



NEW AGE KURLING – DELIVERING BETWEEN THE GATE



PHYSICAL ME

- Practise using easier gates before starting the challenge.
- Align the pusher arm and the stone with the middle of the gate to improve accuracy.
- If delivering by hand, hold stone lightly with first three fingers.

SOCIAL ME

Leading and volunteering

- Equipment managers can set up the gates and collect the stones.
- Scorekeepers could keep score for each team.

Think inclusively (STEP)

Space

- Change the size of the gates and the distance to them.

Task

- Use two targets one a metre behind the other. Stone must go through both.

Equipment

- Practise aiming using other equipment that rolls.

People

- Use mixed ability teams and encourage players to coach each other.

THINKING ME

- How can I get more consistent?
- Should I practise getting through the narrower gates from a shorter distance?
- What do I know about the way I send the stone?

SPORTING ME

Spirit of the Games:
Excellence through Competition



I work really hard when I am practising.

TACTICAL ME

I will try to ensure I score every time at the easier distances.



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NEW AGE KURLING – MOVING STONES

Quick introduction

In this exciting challenge players try to knock target stones out of the target area.

Getting started

- Maximum of four players in a team.
- The challenge consists of three rounds that get progressively harder.
- In round 1 each player takes a turn to knock the target stone off the target area from three different distances.
- An additional stone is added in round 2 and 3.
- Target stones completely knocked off the target area score one point.
- Target stones must be touching when placed on the target.
- If moved, target stones must be repositioned after each delivery.
- Target stone positions
 - Round 1: one stone placed on the target centre
 - Round 2: two stones placed side by side on the target centre
 - Round 3: three stones placed in a triangle on the target centre.
- Three different distances: far hog line, near hog line and delivery line.
- Maximum score per team after three rounds = $4 \times 3 \times 3 = 36$.
- If two teams are competing use one stone per team to knock the stones off the scoring circle.
- The team with the highest accumulative score after three rounds wins.

Health and safety

- Keep all equipment against the wall when not being used to prevent people tripping over.
- Everyone should wear shoes to minimise the chance of injury if stones are dropped.
- Encourage players not to wave pushers in the air and not to run across court when the game is in progress.
- Do not stand on the targets, they are not fixed to the floor.

Equipment required

- 8 kurling stones.
- 1 kurling target per challenge.
- Length adjustable pusher (optional).
- Kurling ramp (for more severely disabled).



NEW AGE KURLING – MOVING STONES



PHYSICAL ME

- Align the pusher/arm and the stone with the target to improve accuracy.
- Aim at the centre of a group of target stones.
- Practice from shorter distances before starting the challenge.

SOCIAL ME

Leading and volunteering

- Equipment managers can set up the target stones and also collect them when they have been knocked away.
- Leaders could organise the challenge.

Think inclusively (STEP)

Space

- Reduce or Increase the distance to the target.
- Reduce or increase the target area.

Task

- Score points for moving the stone from one ring to another.

Equipment

- Use more stones in the target area.
- Use lighter stones in the target area, i.e. replace stones with a volleyball or football.

People

- Some players may need to be quite closer to the target stones to move them.

THINKING ME

- Where is the best place to hit a stone to move it?
- How much force do I need to use to move a stone?
- When I throw harder, how can I keep my accuracy?

SPORTING ME

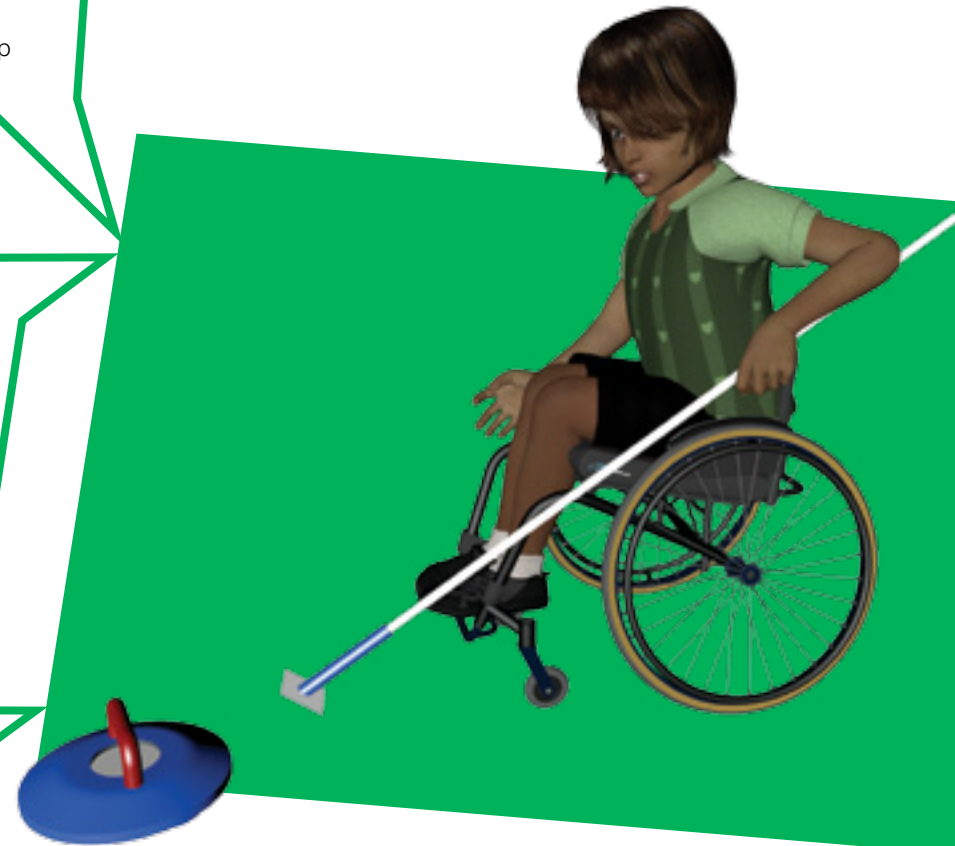
Spirit of the Games:
Excellence through Competition



As I send the stone I know I can hit a target stone and move it.

TACTICAL ME

Can I set up a stone with one throw and then remove it from the target with the next throw.



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NEW AGE KURLING - SKITTLES

Quick introduction

In this challenge teams work together trying to knock down as many skittles as possible.

Getting started

- Two or four players in a team.
- The challenge consists of two rounds that get progressively harder.
- In round 1 players take a turn to knock down the skittles from three different distances.
- Fallen skittles are removed after each player's turn.
- In round 2 the skittles are placed 10cm apart.
- Skittles knocked over score one point.
- The 10 skittles should be arranged correctly at the beginning of each different distance.
- Skittle position
 - Round 1: 10 skittles in a line touching each other.
 - Round 2: 10 skittles in a line, 10cm apart.
- Three different distances: far hog line, near hog line and delivery line.
- Max score per team = $10 \times 3 \times 2 = 60$
- The team with the highest accumulative score after two rounds wins.

Health and safety

- Keep all equipment against the wall when not being used to prevent people tripping over.
- Shoes should be worn in case stones are dropped.
- Encourage players not to wave pushers in the air and not to run across court when the game is in progress.
- Do not stand on the targets as they are not fixed to the floor.

Equipment required

- Half a badminton court.
- Four kurling stones.
- 10 slalom skittles or plastic bottles.
- Length adjustable pusher (optional).
- Kurling ramp (for the more severely disabled).



NEW AGE KURLING – SKITTLES



PHYSICAL ME

- Align the pusher/arm and the stone with the skittles to improve accuracy.
- Encourage teams to think tactically about the order of play.
- Aim at the largest group of remaining skittles.

SOCIAL ME

Leading and volunteering

- Equipment managers could collect suitable objects to be skittles, set them up and collect the stones.
- Leaders could organise the challenge and use scorers to keep score.

Think inclusively (STEP)

Space

- Reduce or Increase the distance to the skittles.

Task

- Use larger objects than skittles (e.g. large balls or balloons). Contact then scores a point.

Equipment

- Place more skittles closer together.
- Use empty large plastic bottles if you don't have skittles.

People

- Some players could have their own challenge and this then acts as a multiplier for the team score.

THINKING ME

- How many skittles can I knock over with one stone?
- How should I choose which skittles to aim at?

SPORTING ME

Spirit of the Games:
Excellence through Competition



I always congratulate opponents on a good shot, and thank anyone who helped set up the game.

TACTICAL ME

What is the best order of play for our team?



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