

A-Z School Games Challenge

K – Kurling (New Age) Challenge – Table Kurling

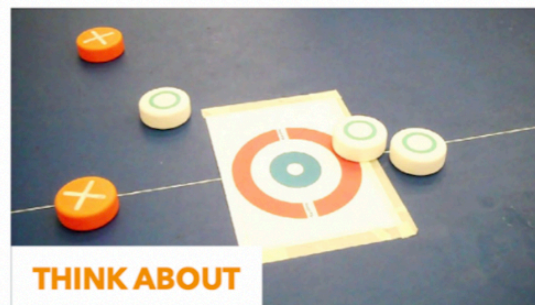
We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the [#StayInWorkOut](#) and tag [@SolihullNorth](#)

NEW AGE KURLING – TABLE CURLING

A table-top adaptation of this great game that's fun for all abilities – supports players who have higher support needs.

WHAT YOU NEED TO DO

- Use a table tennis table or any large flat table
- Make a small New Age Kurling target (or house) and attach this to one end of the table surface
- Use plastic pucks or jar lids as substitute curling stones; try to have stones of two different colours
- Slide the 'stones' along the table surface to score in the target zone

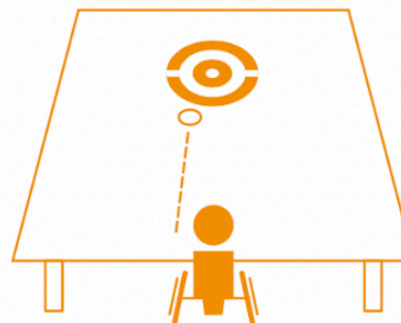


THINK ABOUT

- Sliding the stones with control – too much force and they won't slide properly

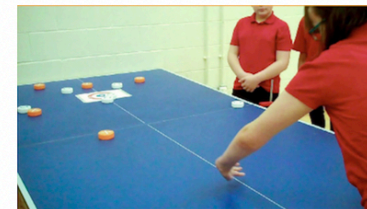
CHALLENGE FORMAT

- In small teams (4 maximum), take alternate turns with an opposing team to try a slide 'stones' into the target house
- Each player has 2 stones
- Team members play their stones against their opposing team member; so Player 1 plays against Player 1 of the other team, Player 2 plays Player 2, and so on
- Teams score a point for each of their stones closer to the centre of the target than their opponents



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STEP – These are 4 simple parts of any game that can be changed to include everyone. Some examples are suggested below – but invent your own!



SPACE

- Move the target closer or further away from the player's end of the table
- Make the target larger (or smaller)

TASK

- Try sliding the 'stones' using your writing hand, non-dominant hand – or even both hands
- Two players can play from each end of the table by placing the target in the centre

EQUIPMENT

- Mini curling stones (small versions of New Age Kurling stones) are available commercially
- Plastic hockey pucks make good alternative curling stones; or plastic jar lids (such as coffee jar lids) can be used
- Bean bags can also be slid along the table surface
- Polybat rebound boards can be used down the sides of the table to keep the stones on the playing surface

PEOPLE

- Play in pairs (2 v 2) or form small teams
- A partner can provide verbal or sound cues for vision impaired players
- Where players have manipulation and control impairments, they can use a polybat or some other kind of flat-edged bat to push the 'stone'

Fun Fact – New Age Kurling is a team sport adapted from the traditional sport of curling. It can be played on any smooth, flat surface – as opposed to only on ice, and is fully inclusive for all young people.

For more ideas on inclusive resources, take a look at the TOP Sportsability website - www.topsportsability.co.uk. The website is a unique inclusive sport and physical activities resource developed by the Youth Sport Trust (YST) in partnership with NGB's of Sport.

To access you will need this code: **Inclusion Lead Code = YSTINCLUSION9**

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