

NEW AGE KURLING THROUGH THE GATES



THE RULES

- ★ Kneel or sit on the floor with your stones approx. 2m from the first gate
- ★ Slide the stone along the floor aiming to get it through as many gates as possible
- ★ Points are 'banked' once the stone goes through its final gate before leaving the area of play

EQUIPMENT

- ★ Stones: New Age Kurling Stones, jar lids, toy cars
- ★ Markers: cones, books, bottles, tins
- ★ Tape Measure

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Increase the width of some or all of the gates
- ★ Reduce the distance to the first gate
- ★ Play the game on a table
- ★ Use balls instead of stones

HARDER

- ★ Reduce the width of some or all of the gates
- ★ Increase the distance to the first gate
- ★ Slide stone with non-dominant hand

THROUGH GATE 1 ONLY = 2 POINTS
THROUGH GATE 1 & 2 = 5 POINTS
THROUGH GATE 1, 2 & 3 = 7 POINTS
THROUGH ALL GATES = 10 POINTS

HOW MANY POINTS CAN YOU SCORE WITH 6 STONES/ATTEMPTS?

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>

NEW AGE KURLING TIN CAN ALLEY



THE RULES

- ★ Kneel or sit on the floor with your stones approx. 2m from the targets
- ★ Slide the stones along the floor to try and hit a target—only targets struck directly by a hit from the stone are counted
- ★ Remove hit targets. Replace after 6 stones are played

EQUIPMENT

- ★ Stones: New Age Kurling Stones, jar lids, toy cars
- ★ Targets: cones, books, bottles, tins, balls
- ★ Tape Measure

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Reduce the distance to the targets
- ★ Position the targets closer together
- ★ Increase the number of targets

EACH TARGET KNOCKED OVER/HIT
= 2 POINTS

HOW MANY POINTS CAN YOU SCORE IN TOTAL WITH 6 STONES?

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>



THE RULES

- ★ Kneel or sit on the floor with your stones approx. 2m from the first target area
- ★ Slide the stone along the floor towards the targets
- ★ The number of points scored is determined by where the stone comes to a complete stop
- ★ Each player has 6 stones/6 attempts

EQUIPMENT

- ★ Stones: New Age Kurling Stones, jar lids, toy cars
- ★ Markers: cones, books, bottles, tins
- ★ Tape Measure

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Increase the width and decrease the depth of some/all target areas
- ★ Reduce the distance to the first target area
- ★ Play the game on a table

HARDER

- ★ Reduce the width and increase the depth of some/all target areas
- ★ Increase the distance to the first target area
- ★ Use non-dominant hand



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>

TARGET AREA 1 = 2 POINTS

TARGET AREA 2 = 5 POINTS

TARGET AREA 3 = 10 POINTS

HOW MANY POINTS CAN YOU
SCORE WITH 6 STONES/ATTEMPTS?

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles

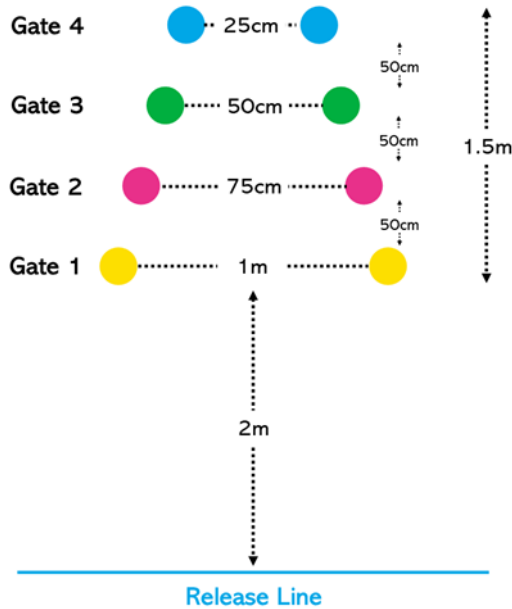


NAME	THROUGH THE GATES	TARGET PUSH	TIN CAN ALLEY

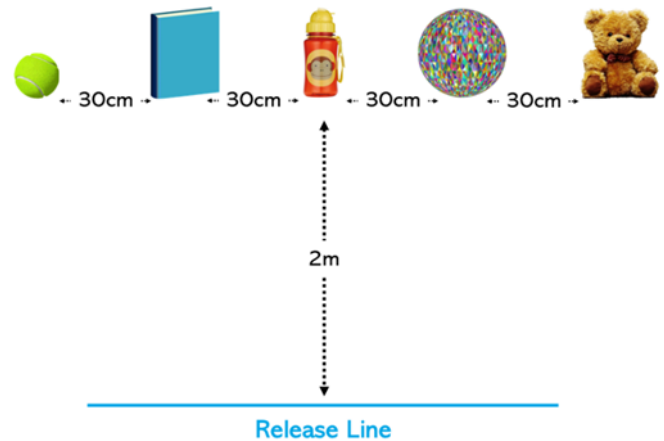
DON'T FORGET TO LOG ALL YOUR SCORES TO EARN VIRTUAL SCHOOL GAMES POINTS FOR YOUR SCHOOL BY 5.00PM ON SUNDAY 21ST MARCH 2021

www.northamptonshiresport.org/virtual-school-games-challenges

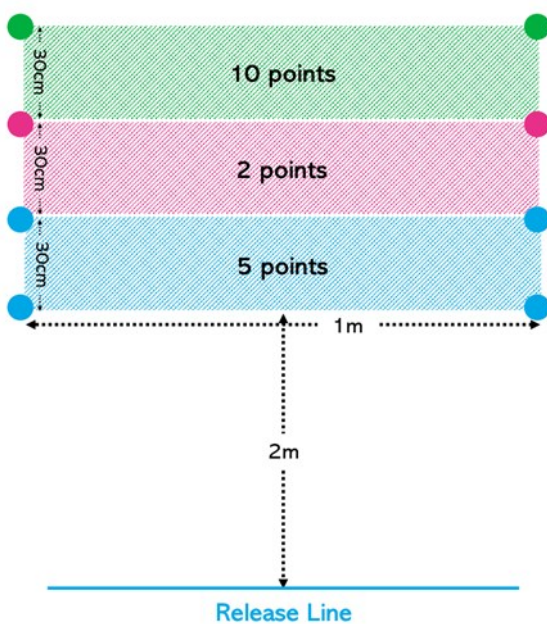
THROUGH THE GATES



TIN CAN ALLEY



TARGET PUSH



ADAPTING THE ACTIVITIES

We appreciate that everyone will have different amounts of space available and different equipment that can be used for setting up and participating in these challenge activities.

Please adapt the space, layout and equipment used to participate in these challenges as much as you need to. Depending on the equipment used they can be played outdoors—DO NOT use New Age Kurling Stones outdoors.

The important thing for us is that children and young people enjoy regular participation in fun and engaging physical activities, and try new sports they may not have had the opportunity to participate in at school before.

For further support to set up and play these activities watch the video to accompany these resource cards

<https://www.northamptonshiresport.org/week-8-new-age-kurling>

