

LESSON PLAN:

NEW AGE KURLING: WEEK 1

LESSON OBJECTIVES: To discover different ways to send/deliver in New Age Kurling

WARM UP (15 MINS)

Children given two cones each to place approx. 2m apart (spread away from each other), each pupil stands between the cones facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second 'move on the spot' interval periods between each task. The tasks are:

Jog (or propel wheelchair/walking frame back and forth) slowly on the spot

Jog (or propel) slowly around the two cones

Jog (or propel) around your cone as many times as you can (in both directions)

Jog (or propel) from cone to cone touching the cone each time you reach it

• Pupils have a 1-minute rest period before completing all the above challenges again.

TASK ONE (15 MINS)

Through the following activities children should be encouraged to explore the various techniques for delivering stones (or in this case bean bags/balls) - Standing Bowling Action; Sitting Two-Handed Push; Kneeling One-Handed Push; Standing Kick Delivery; Pusher Stick Delivery; or Wheelchair Ramp Delivery, in order to discover the most successful for them (though adaptations to include string release on a ramp may be required for some children).

- Deliver a bean bag or tennis/sponge ball through cones set 2m apart (as a 'gate') starting from 2m away and increasing by 1m each time the child completes three successful attempts, up to a maximum of 10m. If an attempt is unsuccessful return to previous mark before progressing further.
- With cones set 3m apart (as a 'gate') 5m from the child, deliver through the gate and reduce gate width by 50cm each time they complete three successful attempts at that width.

TASK TWO (20 MINS) (ensure that there is a water break beforehand)

Delivering 'Between the gate' mini-competition (max 4 players in a team, distancing encouraged):

- Each player takes a turn to deliver a stone through a 120cm gate from approx 3m, then 6m and then 9m. In rounds 2 the gate width is reduced to 75cm and in round 3 to 45cm. Stones passing through the gate without touching score one point.
- Maximum score per team after three rounds = $(4 \times 3) \times 3 = 36$
- Repeat if time allows

COOLDOWN (10 MINS)

Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

• NAK equipment loan is available for short periods from VRSSP and will be prioritised for those with groups of children typically eligible for NAK comps

- Cones, balls, bean bags

For more competition related lesson plans please visit

<http://valeroyalschoolsport.org/pesupport> or for challenge

activities please visit

<http://valeroyalschoolsport.org/activity-challenges>

KEYWORDS/PHRASES

- Deliver
- Aim
- Target
- Push/Kick/Slide
- Release
- Control
- Accurate
- Firm/Hard
- Gentle/Soft

Adaption/Challenge/Homework

Harder	Easier
Place cones closer together	Place cones further apart
Place cones further away	Place cones nearer
In 'Between the gate' consider organising groups by ability (via success with/progress through task one) to ensure appropriate challenge	



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LESSON PLAN: NEW AGE KURLING: WEEK 2

LESSON OBJECTIVES: To improve accuracy and consider shot selection in game play

WARM UP (15 MINS)

Children given two cones each to place approx. 2m apart (spread away from each other), each pupil stands between the cones facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second 'move on the spot' interval periods between each task. The tasks are:

Jog (or propel wheelchair/walking frame back and forth) slowly on the spot

Jog (or propel) slowly around the two cones

Jog (or propel) around your cone as many times as you can (in both directions)

Jog (or propel) from cone to cone touching the cone each time you reach it

• Pupils have a 1-minute rest period before completing all the above challenges again.

TASK ONE (15 MINS)

Bean bag slide OR tennis/sponge ball roll

Through the following activities children should be encouraged to recall the previous sessions exploration of shots/accuracy activities. You may choose to start this part of the session by repeating some of these.

The focus of these new activities is to improve accuracy AND encourage shot selection.

- Place 2 cones next to each other – aim to hit a cone with 2 attempts, then both with 2 attempts
- Using a the two cones as a target (or floor/chalk marking/rubber spot), aim to deliver the bean bag/ball to within the target area in one attempt
- On completion, use the 2nd bean bag/ball to try to displace the 1st bean bag/ball from the target

TASK TWO (20 MINS) (ensure that there is a water break beforehand)

Delivering 'Skittles' mini-competition (2 or 4 players in a team, distancing encouraged):

- Players takes a turn to knock down skittles placed touching each other from 3m, then 6m and then 9m. Fallen skittles are removed after each player's turn.
- In round 2 the skittles are placed 10cm apart.
- Skittles knocked over score one point.
- Max score per team = $(10 \times 3) \times 2 = 60$
- The team with the highest accumulative score after two rounds wins.
- Repeat if time allows

COOLDOWN (10 MINS)

Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

• NAK equipment loan is available for short periods from VRSSP and will be prioritised for those with groups of children typically eligible for NAK comps

• Cones/balls/Bbags/skittles

For more competition related lesson plans please visit

<http://valeroyalschoolsport.org/p>

[esupport](http://valeroyalschoolsport.org/p) or for challenge

activities please visit

<http://valeroyalschoolsport.org/a>

[ctivity-challenges](http://valeroyalschoolsport.org/a)

KEYWORDS/PHRASES

- Deliver
- Aim
- Target
- Push/Kick/Slide
- Release
- Control
- Accurate
- Firm/Hard
- Gentle/Soft
- Select/Consider

Adaption/Challenge/Homework

Harder	Easier
Reduce target size	Increase target size
Place target further away	Place target nearer
In 'Skittles' consider organising groups by ability (via success with/progress through task one) to ensure appropriate challenge	



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