

# KURLING



## STAYING SAFE

- Remain in bubbles for these activities.
- Wash hands before and after doing activities.
- Where possible, individuals should keep the same equipment throughout the activities.
- All equipment should be cleaned and sanitised before and after the activities.
- Physical contact should be avoided where possible.



In partnership with



## HOW TO USE THE KURLING ACTIVITY CARDS...

This set of activity cards includes four ***Kurling Challenges***, excellently designed and created by Hereward College's Level 1 Sport students. These challenges can be used simply for participation or, for the more competitive young people, scores can be submitted via the [SENDactive Partner School Dashboard](#), for a chance to win medals and prizes.

**If you would like to get involved with the challenges, and submit scores, please follow these steps...**

1. Read the challenge card and watch the challenge video. These can also be shared with young people.
2. Young people then have a go at the challenges. They can have as many attempts as you choose.
3. Keep a record of each participant's / team's scores using the [printable scoresheet](#).
4. When ready, input each participant's / team's best score using the respective form on the [Partner School Dashboard](#).



**Scores for Kurling Challenges can be submitted until midnight on Sunday 15th November.** Winning individuals / teams and schools will be announced on Tuesday 17th November.

# KURLING



CLICK HERE TO CHECK OUT THE  
FOOTBALL KURLING CHALLENGE VIDEO

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## CHALLENGE 1: FOOTBALL KURLING

### SET-UP / HOW TO PLAY

- Mark a delivery line using two cones or markers.
- Create a goal (2 metres wide) 3 metres away from the delivery line.
- Place a lightweight ball directly in the middle of the playing area (i.e. 1.5 metres from both the delivery line and goal).
- Working individually or as a team, deliver one Kurling stone at a time, aiming to hit the ball.
- Attempt to hit the ball so that it moves towards the goal and passes over the goal line.
- Replace the ball on the original spot after each delivery.
- Each participant or team delivers five Kurling stones, attempting to hit the ball into the goal each time.

### SCORING

- 1 point is awarded for every time the ball passes the goal line after being hit by a Kurling stone.
- The delivery of five Kurling stones is one attempt (i.e. maximum score of 5 for each attempt).
- Once the individual or team delivers five Kurling stones, they can have their next attempt (i.e. another 5 deliveries).

### HOW TO ADAPT THIS ACTIVITY

- Move the ball closer to or further away from the delivery line.
- Increase the distance between the delivery line and the goal.
- Use a Kurling ramp or pusher if required.



### EQUIPMENT

- Kurling stones
- cones
- lightweight ball (sponge ball)



### ROLES FOR LEADERS

- Measuring distances and setting up
- Collecting and re-placing the ball
- Scorekeeping and completing scoresheet

# KURLING



CLICK HERE TO CHECK OUT THE  
HIT THE TARGET CHALLENGE VIDEO



## CHALLENGE 2: HIT THE TARGET

### SET-UP / HOW TO PLAY

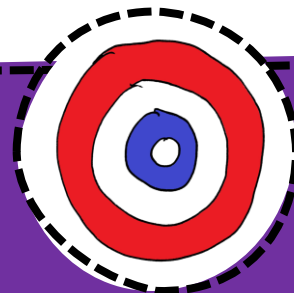
- Mark a delivery line using two cones or markers.
- Place the target so that the centre of it is 5 metres away from the delivery line.
- Working individually or as a team, deliver one Kurling stone at a time, aiming to land it as close to the centre of the target as possible.
- Each participant or team delivers four Kurling stones, attempting to land the stones on the target.

### SCORING

- Scores are awarded as follows (Kurling stone touching)...
  - Any space around the target and white edges of target: 1 point
  - Red ring: 5 points
  - White ring: 10 points
  - Blue ring: 15 points
  - White centre: 20 points

### HOW TO ADAPT THIS ACTIVITY

- Move the target closer to or further away from the delivery line.
- Use Boccia balls or beanbags instead of Kurling stones.
- Use a Kurling ramp or pusher if required.



### EQUIPMENT

- Kurling stones
- Kurling target
- cones



### ROLES FOR LEADERS

- Measuring distances and setting up
- Collecting and returning Kurling stones
- Scorekeeping and completing scoresheet

# KURLING



CLICK HERE TO CHECK OUT THE  
NARROW SHOOTING CHALLENGE VIDEO



## CHALLENGE 3: NARROW SHOOTING

### SET-UP / HOW TO PLAY

- Using cones, create four 5-metre-long lanes of the following widths (and points)...
- Lane 1: 8 ft (5 points)
- Lane 2: 6 ft (10 points)
- Lane 3: 4 ft (15 points)
- Lane 4: 2 ft (20 points)
- At one end of each lane, mark a delivery line using cones.
- The aim is to deliver Kurling stones along the length of the lanes without touching the sides of the lanes.
- Working individually or as a team, deliver one Kurling stone at a time along the lane of your choice.
- Each participant or team delivers five Kurling stones, and you may choose different lanes for each delivery.

### SCORING

- For each stone that passes the length of the lane without touching the sides, award points as outlined above.
- Once the individual or team delivers five Kurling stones, they can have their next attempt (i.e. another 5 deliveries).

### HOW TO ADAPT THIS ACTIVITY

- Make the lanes even wider or narrower.
- Roll a ball instead of Kurling stones.
- Use a Kurling ramp or pusher if required.



### EQUIPMENT

- Kurling stones
- cones

### ROLES FOR LEADERS

- Measuring distances and setting up
- Collecting and returning Kurling stones
- Scorekeeping and completing scoresheet

# KURLING



CLICK HERE TO CHECK OUT THE  
KURLING BOWLING CHALLENGE VIDEO



## CHALLENGE 4: KURLING BOWLING

### SET-UP / HOW TO PLAY

- Mark a delivery line using two cones or markers.
- Place six skittles (or plastics bottles with a little sand or water at bottom) in a line 4 metres away from delivery line.
- The aim is to knock as many skittles over as possible by hitting them with the Kurling stones.
- Working individually or as a team, deliver one Kurling stone at a time aiming to hit the skittles
- Each participant or team delivers four Kurling stones.

### SCORING

- 1 point is awarded for every skittle that is knocked down by a Kurling stone.
- The delivery of four Kurling stones is one attempt (i.e. maximum score of 6 for each attempt).
- Once the individual or team delivers four Kurling stones, they can have their next attempt (i.e. another 4 deliveries).

### HOW TO ADAPT THIS ACTIVITY

- Change the size of the target by creating a triangle with the skittles.
- Move the skittles closer to or further away from the delivery line.
- Roll a ball instead of Kurling stones.
- Use a Kurling ramp or pusher if required.



### EQUIPMENT

- Kurling stones
- cones
- skittles (or plastic bottles)



### ROLES FOR LEADERS

- Measuring distances and setting up
- Collecting and returning Kurling stones
- Scorekeeping and completing scoresheet

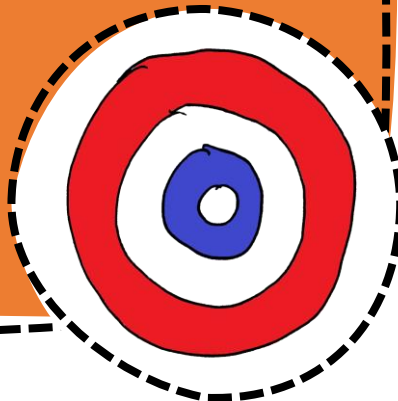
# KURLING

## EQUIPMENT

- a table or smooth flat surface
- jar lids and/or plastic bottle tops (*do not put these back on jars/bottles after using*)
- a wooden spoon or something similar for pushing

## ADDITIONAL ACTIVITY: TABLE KURLING

- Create or draw a Kurling target (like the one in the picture below) on a piece of paper.
- You can be creative with this, using different colours and you could even write numbers on different parts of the target to represent points.
- Stick the Kurling target down flat near one end of the table. Make sure all the sides are well taped down.
- Each person takes it in turns to push the jar lids/bottle tops from the opposite end of the table, using their hands or a pusher.
- Try to get your jar lids/bottle tops to stop on the target as close to the centre as possible.
- You could play against other people or on your own, trying to score as many points as you can. Keep trying to beat your own score!



## OTHER RESOURCES

VISIT THE SENDACTIVE PARTNER  
SCHOOL DASHBOARD AT  
[WWW.SENDACTIVE.ORG](http://WWW.SENDACTIVE.ORG)  
FOR ADDITIONAL  
KURLING RESOURCES



Let us know how you got on!  
Tag @SENDactive on Twitter