

Winter Olympics - Curling

Suitable for both KS1 and KS2



Organisation: Split the class into 6 teams. Pair 2 teams against each other in the following games.

Equipment:

- A range of small balls - at least one per pupil.
- Several large light balls, e.g., beachball, and heavier balls, e.g. basketball.
- Cones.

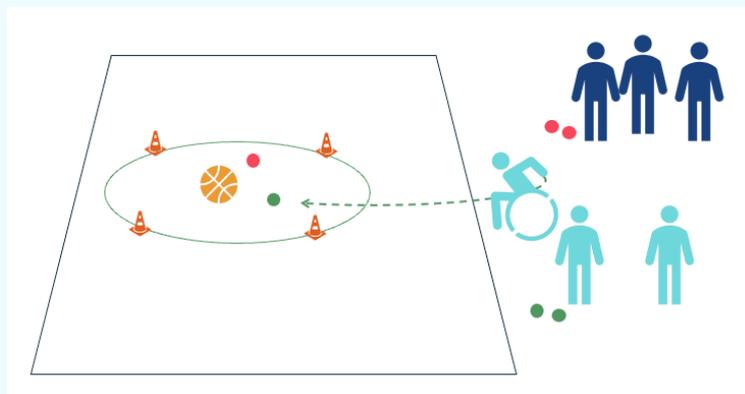
Game 1

Set up:

- Create as many playing areas as needed (see diagram).
- Each team needs a ball per child.
- A target ball (use a larger ball, such as a basketball or football) should be placed somewhere on the court.

Rules:

- Each child has one roll, which can be taken from anywhere behind the throw line.
- The winners are the team with their ball closest to the target after completing all throws.
- Alternate which team is rolling first each time they play.



Easier:

- Increase the size of the target
- Give players more chances
- Decrease the distance from the roll to the target
- Change the size or type of ball being rolled

Harder:

- Increase the distance from the roll to the target
- Decrease the size of the target ball

Extension: Allow players to try to knock the opposition's balls out of the way.

Game 2



Set up: Remain in the same groups and playing area

- Each team needs a ball per child.
- A target ball (use a larger, lighter ball such as a plastic football, a light foam ball or a beach ball) should be placed somewhere on the court.

Rules:

- Teams alternate who is rolling, so not all balls from one team are sent in one go.
- Rolls are taken anywhere behind the line.
- The winners are the team that knocks the target ball past the backline.
- If the target ball hasn't crossed the backline after all the balls are rolled, collect all the balls and start again until there is a winner.

Easier:

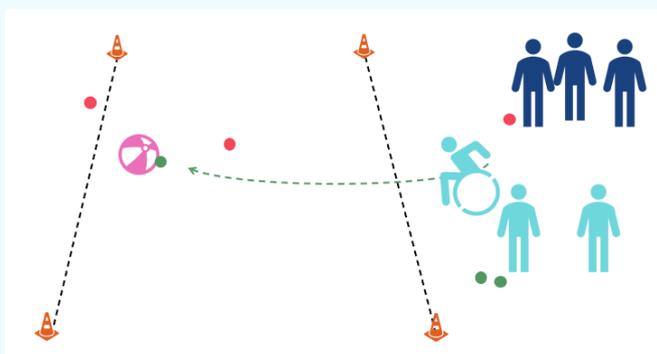
- Decrease the distance from the roll to the target
- Change the size or type of ball being rolled

Harder:

- Increase the distance from the throw to the target to the line the ball must cross
- Decrease the size of the target ball
- Add two balls, and each team has a ball each that they must get to cross the line first

Extension: Allow players to try to knock the opposition's balls out of the way.

Make sure teams are given time between games to discuss tactics. Where should they try to roll? What order should they go in? How well did their tactics work in the last game?



Teaching Points - Standing

- Stand with your dominant foot slightly forward.
- Aim at a spot near the jack.
- Use a smooth backswing.
- Release low for a smooth roll.
- Use a gentle roll for short distances and a stronger push for longer ones.

Teaching Points - Seated

- Sit in a comfortable and stable position, with feet flat on the ground (if possible) or footrests adjusted for balance.
- If gripping is difficult, adaptive equipment like ramps or assistive gloves can be used.
- Align your knees, shoulders, and arm in the direction of the target