

ACTIVITY: New Age Kurling

INCLUSION 2024

Winter Sports in the Inclusive Sports Programme

BACKGROUND

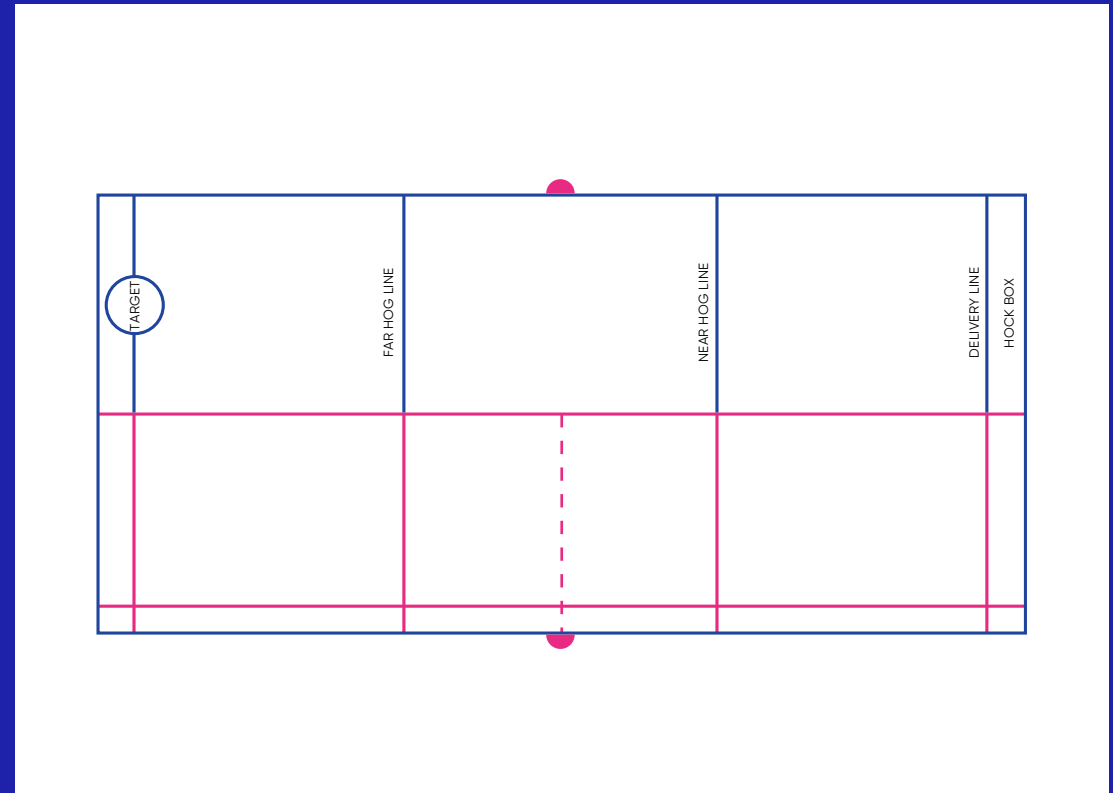
- New Age Kurling was developed to create an accessible version of ice curling for disabled children and adults.
- Its specially designed curling stones can be used on any smooth flat indoor surface.

WHAT YOU NEED

- New Age Kurling stones – 4 red, 4 blue
- New Age Kurling vinyl target (House) or alternative (see 'Equipment').
- Ramp and pusher sticks if required.
- Flat, indoor playing area – badminton court size.

HOW TO PLAY

- Players deliver their stones along the playing surface (by rolling or pushing) from one end of the court towards the target at the other end.
- The court is based on a badminton court dimensions (13.4 metres long).
- The target circle (known as the House) is 116 cm in diameter.
- The delivery line (from where the stone is sent) is based on the badminton court service line; the centre line of the target circle lines up with the badminton service line at the opposite end – a distance of 11.84 metres. (See diagram).
- Players can toss a coin or decide who will play first then alternate after each 'End'; an End is when all the stones have been played and the score is calculated; scores are cumulative (added to after each End) and play continues with the next End.



THINK ABOUT

Is it better to score points (by getting stones into the House) or to block the stones of your opponents?

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Use the STEP adaptation tool to ensure that players of all abilities can participate

SPACE

- In recreational play, the distance to the target circle can be reduced; for example, players can deliver the stone from a position further down the court; note that distances can be different for different players.

TASK

- The stones can be delivered in a variety of ways depending on the ability of the player; for example:
 - With a one-handed 'bowling' action.
 - Sent using a one-handed or two-handed push.
 - Pushed (with control) with the foot.
 - Rolled down a ramp; this can be a specific New Age Kurling ramp or an improvised alternative.

EQUIPMENT

- In recreational play, targets can be improvised; for example, archery targets, thin material sheets or paper taped on the floor; alternatively chalk or masking tape can be used to designate the target.
- The game can be repeated as a team activity – red against blue.
- Some players may prefer if everyone rolls their stones at the same time initially; however, as turn-taking is part of the game of New Age Kurling, work towards each player going one at a time in rotation.
- Sound cues can be provided to assist some players in locating the target circle.

PEOPLE

- New Age Kurling can be played as an individual (4 stones per player) or in pairs (2 stones each).
- Some players can benefit from an assistant to provide verbal or sound cues (near the target) or to help with positioning the stone when using a ramp.



CROSS-CURRICULAR IDEAS

- As a skill and tactics practice, challenge players by placing a stone in different positions on the target circle as 'obstacles'
- Players have to decide what is the most effective way of getting around the obstacles; for example:
 - A stone placed near the centre (bull)
 - Can this stone be nudged out of the way leaving the player's stone in a scoring position?
 - 2 opposition stones placed an equal distance from the bull; is it better to try to hit one stone out of the way and deflect close to the bull or ignore the stones and go direct for the bull?

Links / more information

kurling.com