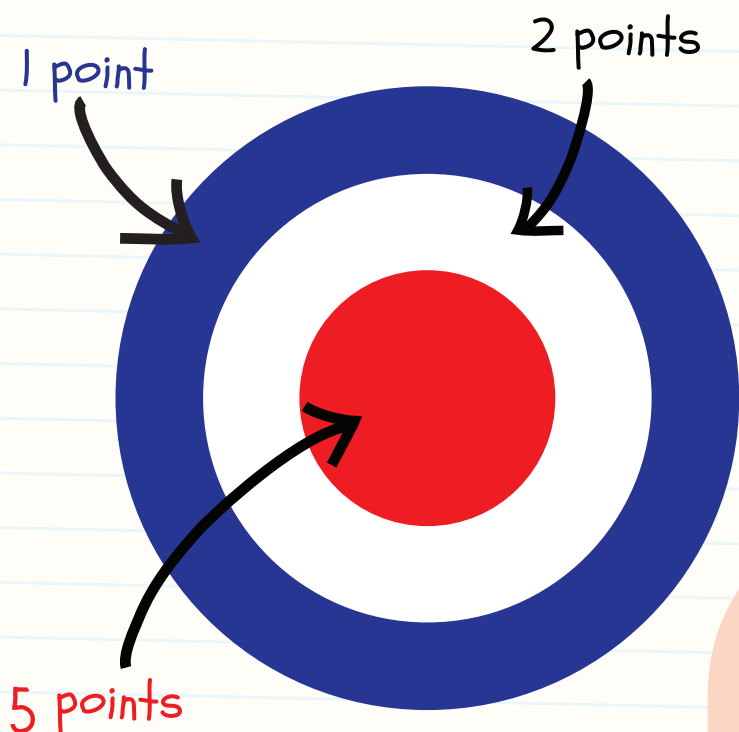




Game of stones



Get sporty



45 mins



Challenge yourself

What you'll need

- A large, clear space
- A timer
- Paper
- Pen
- A table
- Masking tape
- Small round dot stickers (2 different colours)
- 10 round coins or tiddlywinks
- 2 bin bag liners
- Scissors
- Washing-up liquid
- 2 flying discs
- 8 small balls
- Tea towel (optional)
- Ground sheet (optional but recommended)

Aim of activity

Practice makes perfect. Try out your curling skills before your next big competition.

What you'll get out of it

- Get active.
- Work as a team.
- Discover new curling skills.



WE DISCOVER, WE GROW

Girlguiding

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Before you start

Draw three targets from the picture on the front of this card on separate pieces of paper to use for the activities. You'll also need to create three stations around your space. You'll need an adult at each one to explain the games.

Station one

Position a target at one end of a table, taping it down with masking tape. Mark a midline on the table with masking tape. Place one colour sticker on half of the coins, and a different colour on the other half.

Station two

Cut up two bin bags to create two long strips. Stick these to the floor with masking tape and add a target at the end of both. Coat one bin bag in water and washing-up liquid. You'll also need two flying discs, a tea towel is optional. Put a ground sheet down under the bin bags to stop any mess.

Station three

Stick a target to the floor with masking tape. You'll need one ball per girl.

Curling is a sport played on ice, where large flat stones slide towards a target. Practise three skills to get ready for your next competition!

What to do

- 1 Get into three groups. Each group should have two teams. You'll have ten minutes at each station. Your leader will let you know when to move on.

Station one: Table top curling

Take turns to slide your team's coloured coins across the table towards the target, just like curlers slide stones across ice. When everyone's had a go, total up your team's points for the round – how many points you get depends where you land on the target.

Could you do anything differently to get more points? Change tactics and play again.

Station two: Slip and slide

Curlers need to know how slippery, rough or smooth the ice is. This changes how they play a game.

Slide your team's flying disc on the dry bin bag to the target. Did you reach it? What about if you put a tea towel on top of the bin bag?

Sweeping the ice makes the stone slide faster and smoother. Slide the discs again on the bin bag with washing-up liquid. How was this different? Keep playing until you need to move on.

Station three: Target practice

Curlers try to get their stones closest to the target.

Stand opposite the target and take turns to roll a ball. If you land on the target, your team scores three points. Which team will have the most points by the end?