

MOTIV8

What is MOTIV 8? <https://youtu.be/GzzyTYs49bY>

Thank you for being part of our Cheshire and Warrington School Sport Alliance (CWSSA) initiative following a successful “Targeting Inequalities Funding “Bid from Sport England through our Active Partnership. Your School Games Organiser is helping drive this initiative and will be supporting you with your set up of your school club. Having identified your target audience, secured the use of the equipment, when it will happen and who will deliver it please find six suggested sessions below:

MOTIV8 NEW AGE KURLING

Please look at these 2 links before delivery

<https://www.daviessports.co.uk/blog/sport-for-all/new-age-kurling-lesson-ideas/>

<https://youtu.be/YA0DDpCs-v8>

Some of the Activity Cards are linked to skills based virtual competitions, please feel free to utilise the competitions if you wish as long as you feel they are appropriate for your target / focus group.

Session 1

Aim: To learn to be able to move the kurling stone

Objectives:

- using the stone to reach a target
- using the stone to reach targets set at different lengths

Skill Activity 1 - Moving the stone in a straight line then introduce a target varying the distance between them and the target to test them as to what speed is required dependant on distance to pass through the target. [THROUGH THE GATE ACTIVITY CARD](#)

Fun Activity 2 – Moving the stone getting them to move to the stone to move a target – [KNOCKOUT ACTIVITY CARD](#)

Session 2

Aim: Controlling the pace of the stone to bring it to a stop on a target at various distances

Objectives:

- To bring the stone to a stop on the target
- To move the stone a required distance

Skill Activity 1 - [INTO THE TOWER ACTIVITY CARD](#)

Fun Activity 2 – [RIVER CROSSING ACTIVITY CARD](#)

Session 3

Aim: To move the stone in different directions

Objectives:

- To acquire good handling skills
- To start students thinking of moving the stone tactically

Skill Activity 1 – [SPINNING WHEEL ACTIVITY CARD](#)

Fun Activity 2 – [KRAZY KURLING](#)

Session 4

Aim: To introduce tactical play by setting up a guard stone

Objectives:

- Getting the stone to touch the target but then stop
- Protecting your scoring stone by placing a guard stone

Skill Activity 1 – [LINE OF SKITTLES ACTIVITY CARD](#)

Fun Activity 2 – [ARCHERY KURLING ACTIVITY CARD](#)

Session 5

Aim: To be able to knock opposition stones out of prime scoring area

Objectives:

- Making them consider tactical play with some of their stones
- Getting student to make good decisions during a game.

Skill Activity 1 – [SCATTERED SKITTLES ACTIVITY CARD](#)

Fun Activity 2 – [STREET KURLING ACTIVITY CARD](#)

Session 6

Aim: To bring all the skills learnt in to a Game of New Age Kurling

Objectives:

- Allow them to practice their communication skills
- Promote good team work

Fun Activity 1 – Traditional Game – Team Kurling / Traditional Cards

Further activities

There are other activity cards not suggested above that can also be used within the resources such as the following:

- [NAK - DELIVERING BETWEEN THE GATE](#)
- [NAK – MOVING STONES](#)
- [TRADITIONAL NAK SECONDARY INYTRA- SCHOOL CARD](#)