



CANADIAN OLYMPIC ACTIVITY CHALLENGE



CURLING

Curling is a game of skill and strategy. Two teams take turns sliding granite stones down a long sheet of ice. They aim to have their stone closest to the center of a target, called the “house” while one team’s stone can knock the other team’s stone out of the way. The game is divided into 10 ends. The team with its stone closest to the center of the house called the “button” wins the end, and gets a point for all the stones it has closer to the button.

When curlers throw or glide the stone down the ice, they release their grip on the stone with either an inward or outward twist. This controls the direction that the stone curls. Some members of the team use brooms to sweep in front of the stone. When they do so, the ice begins to melt a bit, leaving a thin layer of moisture on the surface. This moisture helps the stone stay straight and travel farther.

The sport began in Scotland in the 1500s, where people played on frozen lakes and ponds. While it was included in the early Olympic Winter Games, it wasn’t until 1998 that it became a permanent Olympic sport. There are men’s and women’s categories, with teams of four athletes. There is also a Paralympic team with four athletes for both men’s and women’s events. Mixed doubles will be introduced at PyeongChang 2018, where male and female athletes will play side by side.

Curling is one of Canada’s most successful Olympic sports. Since 1998, Team Canada has won a men’s, women’s, and Paralympic medal at every single Olympic and Paralympic Winter Games. This is amazing to have won medals in every category for five straight Games!

To learn more about curling, visit www.curling.ca



CURLING TRIVIA

HIGHLIGHTS



- When curling first began, it was played with flat river stones of various sizes and weights. Now all stones are made of granite from Ailsa Craig, an island off the Scottish coast or a quarry in Wales. The curling stone weighs between 17 and 20 kilograms.
- The Royal Montreal Club was Canada's first curling club. It was founded in 1807.
- Canada won both the men's and women's gold in Sochi 2014 as well as gold at the Paralympic Games. This was the first time in Olympic curling history. The women's team also had the distinction of being undefeated in the tournament.

FEATURED ATHLETE



KAITLYN LAWES

OLYMPIAN, SOTCHI 2014

Kaitlyn Lawes grew up hanging around curling rinks with her parents. So, it was no surprise when she played in her first Bonspiel at the age of 4. The surprises came later when she emerged as one of the best young curlers in the world. Her teams won silver and bronze medals at the World Junior Curling Championships. She was later recruited to play on Jennifer Jones' team — a team that was always a contender for Olympic selection. The move paid off for Kaitlyn when they qualified for Sochi 2014. At the Games, the team went undefeated throughout the tournament, winning gold for Canada.

Learn more about Kaitlyn at www.olympique.ca

CURLING

ACTIVITIES


Described below are curling daily physical activities that can be used in the classroom and gym. Have fun!

ON THE BUTTON

Curling requires accuracy in delivering a curling rock towards a specific target. The Lead is the first person to deliver their pair of rocks, and the Second is, as the name suggests, the next person on the team to deliver their rocks. Curlers must be able to adjust their aim and the speed at which the rock travels to achieve specific tactical goals for placement of curling rocks. This activity develops a sense of accuracy and a feel for the weight of the object being thrown.

 **Participants:** pairs

 **Space:** gym or hallway

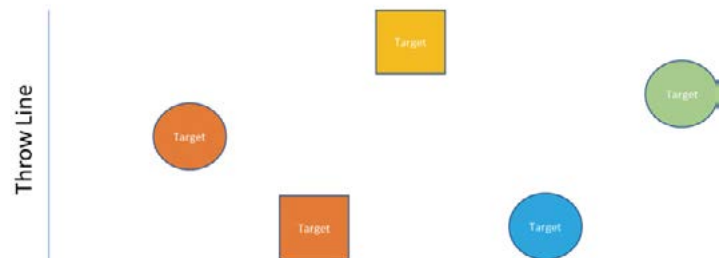
 **Equipment:** 8 bean bags (2 different colours, 4 of each colour), 4-5 flat target objects (e.g., carpet squares, poly spots, hula hoops)

SET UP:

- Use one of the gym lines as a throw line.
- Distribute the targets beyond the throw line.

ACTIVITY DESCRIPTION:

- Divide students into pairs. Assign each student as the Lead or the Second. The Lead student begins at the throwing line, facing the targets.
- Assign an order of targets for the students to use when aiming (e.g., first throw – closest target, second throw – farthest target).
- Remaining behind the throwing line, students alternate throwing four bean bags each towards the designated targets. The goal is to land the object on the target. This will be called an end.
- Each target has a point value. The closest target to the throwing line is worth one point, second is worth two, third is worth three and the farthest is worth four points.



- A thrown object must be in contact with the target to score points. After both students have thrown four objects, they total their individual scores.
- The next end begins with the student who scored more in the previous end becoming the Lead and throwing first. If there is a tie, simply rotate who throws Lead in the next end.
- Play for a time limit or a given number of ends.

ACTIVITY EXTENSIONS:

- Increase the size and/or weight of the object being thrown.
- Decrease the size of the targets and/or increase the distance of the objects from the throwing line.

FIT TO CURL RELAY

Olympic curlers need overall fitness to play well when it counts. They require strength, balance, and flexibility to accurately throw the rock and sweep. Curlers will train to strengthen their core, arm, and leg muscles which are all needed when delivering the curling rock and sweeping. This fun relay race builds the strength, balance, and flexibility needed to excel at curling.

Participants: equal teams of 6-10 students

Space: gym or playing field

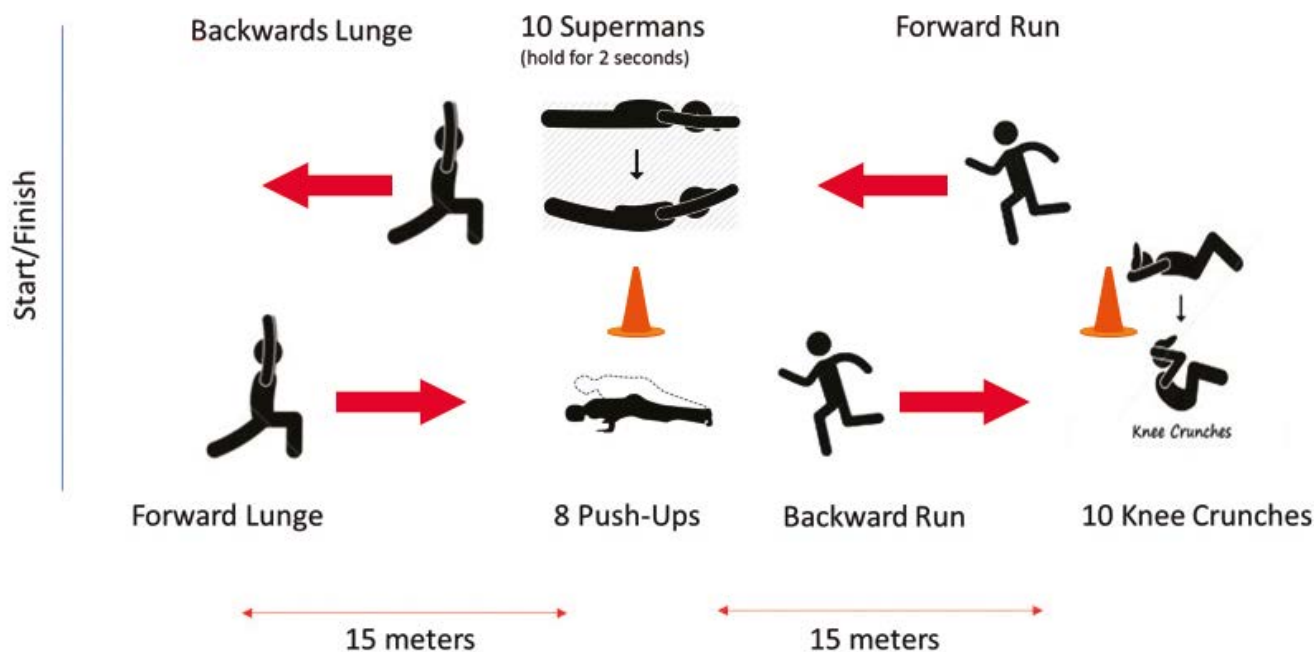
Equipment: two pylons per team: one to mark the halfway point and one to mark the turnaround point.

SET UP:

Use the gym lines to designate a start/finish line. Mark the mid-point approximately 15 meters from the start with a pylon. Mark the turnaround station another 15 meters away with a pylon.

ACTIVITY DESCRIPTION:

- The first student in each team starts on the teacher's command, and races the other teams through the stations. When they return, they tag the next member of their team who repeats the course.
- The race continues until all members of the team have run through the course.




ACTIVITY EXTENSIONS:


- Increase the number of exercises required at each station.
- Increase distance between the stations.
- Make the lunges a station and have the students lunge onto an upside down Bosu ball. This engages more core muscles and makes it more difficult.
- Have students do the push-ups onto an upside down Bosu ball.

KNOCK OUT

One of the keys to successful curling is being able to accurately deliver a curling rock to a specific spot while maintaining balance in a low body position. The rock is released in the final slide position, and the curler's accuracy depends on their ability to maintain their balance as they release the rock. In this activity, we practice releasing a "rock" while balancing in this position.

 **Participants:** teams of 2-4 people

 **Space:** gym or hallway

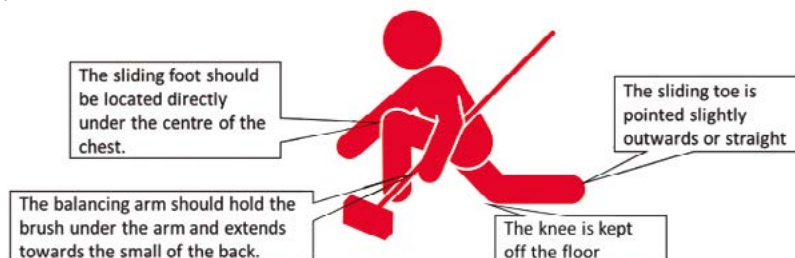
 **Equipment:** real curling brushes, brooms, plastic or real hockey sticks, lacrosse sticks, or broomball brooms, ball, and target objects (e.g., plastic bottles, milk cartons, bowling pins, etc.)

SET UP:

- Designate one of the gym lines as a throw line.
- Arrange the target objects beyond the target line at varying distances from the throw line.

ACTIVITY DESCRIPTION:

- Give a brief demonstration of the final slide position, and then have the students get into a stationary slide position so that they can "feel" the proper balance and body position.
- Divide students into teams of two or four students. Set up two sets of target objects at each end of the playing area.
- The student releases the ball from the final slide position, and tries to knock out as many of the target objects as possible.
- Alternate turns among the students and score the game based on the number of bottles knocked over within a predetermined number of throws per team.



ACTIVITY EXTENSIONS:

Replace the ball with a bean bag. Slide the bean bag across the floor to get it as close to the target as possible.

BRINGING IT TO THE CLASSROOM

Using the Internet for research, write a paragraph describing how a curling stone is made. Where do the stones come from? How are they shaped?

INSTANT ACTIVITY:

Only have a minute of classroom time to get up and be active? This activity will get the heart pumping. In curling, the secret to effective sweeping is a strong core. Mountain Climbers are a quick exercise that strengthens the core and the legs.

Begin by going into a push up position with your legs extended backwards, and your weight supported by your straightened arms. Bring your right knee forward, keeping your left leg extended backwards. Now reverse the position so that your left knee is forward, and your right leg is back. How many Mountain Climbers can you do in a minute?