

**WHEELCHAIR CURLING**

STUDENT TARGETS

- ✔ **Skill:** I will push the rock as close to the center of the house as possible.
- ✔ **Cognitive:** I will discuss the skill components of curling.
- ✔ **Fitness:** I will be actively engaged during the entire activity.
- ✔ **Personal & Social Responsibility:** I will follow all rules and etiquette of curling.

TEACHING CUES

- ✔ Safety First
- ✔ Control the Delivery Stick
- ✔ Push and Follow Through to Target

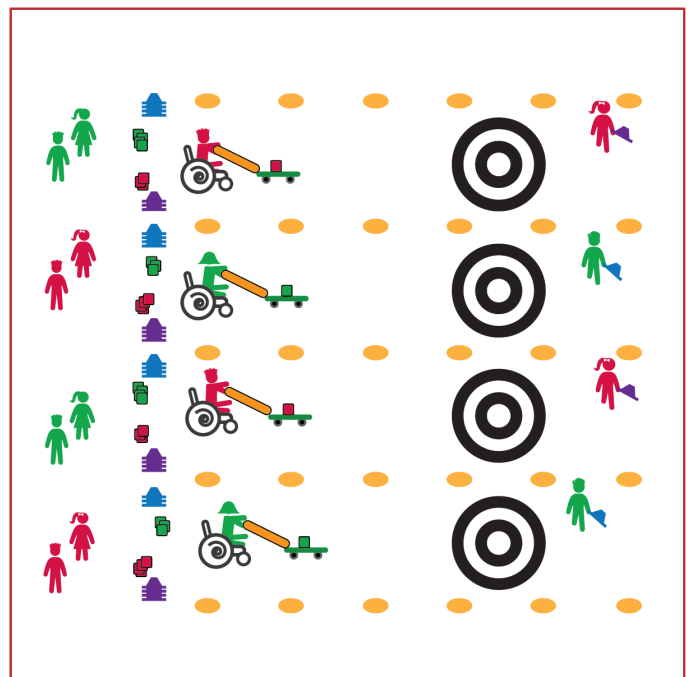
ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- ✔ 8 rocks (bean bags) per rink
- ✔ 1–2 scooters per rink
- ✔ 8 low-profile cones per rink (4 per color to designate teams)
- ✔ 1 delivery stick (hockey stick, lacrosse stick, noodle) per rink
- ✔ 1 chair or wheelchair per rink
- ✔ Floor tape

**Set-Up:**

1. Create rinks and house targets with tape/cones.
2. Use floor tape to make targets (houses) at 1 end of each rink.
3. Place a chair, delivery stick, and 8 bean bags at the opposite end of the house for each rink.
4. Create equal teams, 2 teams at each rink.



**Activity Procedures:**

1. It's time for Wheelchair Curling, a Paralympic event that matches Olympic Curling. The only adaptation from Olympic curling is the elimination of sweepers.
2. The objective of today's activity is to place your team's rock closest to the button during each end.
3. 1 student from the 1<sup>st</sup> team will sit in the chair (or wheelchair) and use the delivery stick to push the rock (scooter carrying a bean bag) toward the house. Try to get your rock closest to the button. Take turns sending scooters. When each scooter stops, the team will place a low-profile cone on the floor as a marker of the send.
4. Next, a player from the opposite team will do the same.
5. Alternate until every player has had a turn. Whichever team's rock is closest to the button is the winner of the end. Play for up to 8 ends.

**Grade Level Progression:**

- 3<sup>rd</sup>: Use a ball as the rock, with students sending the ball toward the house using a ramp.
- 4-5<sup>th</sup>: Play the activity as described.



**WHEELCHAIR CURLING**

UNIVERSAL  
DESIGN  
ADAPTATIONS

- ✔ Play the activity with alternative equipment (e.g., foam balls or soft flying discs).
- ✔ Instruct students to send the rock blindfolded. Teammates can direct blindfolded students on direction and where to send the rock (bean bag).

ACADEMIC  
LANGUAGE

Athlete with a Disability, Button, Delivery, Delivery Stick, End, Hammer, House, Lead, Para Sport, Paralympics, Rink, Rock, Second, Skip, Third

STANDARDS  
& OUTCOMES  
ADDRESSED

- ✔ **Standard 2 [E3.3-5]:** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher (3); Applies the movement concepts of speed, endurance, and pacing for running (4a); Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target (4b); Applies movement concepts to strategy in game situations (5a); Applies the concepts of direction and force to strike an object with a long-handled implement (5b); Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice task/game environments, dance, and gymnastics (5c).
- ✔ **Standard 3 [E2.3-5]:** Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed and independent (4); Actively engages in all the activities of physical education (5).
- ✔ **Standard 4 [E5.3-5]:** Recognizes the role of rules and etiquette in physical activity with peers (3); Exhibits etiquette and adherence to rules in a variety of physical activities (4); Critiques the etiquette involved in rules of various game activities (5).

DEBRIEF  
QUESTIONS

- ✔ **DOK 1:** What does follow-through mean?
- ✔ **DOK 2:** How does follow-through affect accuracy?
- ✔ **DOK 3:** Can you predict what will happen to a delivery if a person follows through to the right? To the left?
- ✔ **DOK 1:** What would you include on a list of Wheelchair Curling rules?
- ✔ **DOK 2:** What does it look like when you follow these rules?
- ✔ **DOK 3:** Why is it important to follow rules? Elaborate on why you believe that what you're saying is true.

TEACHING  
STRATEGY  
FOCUS

**Preview new content.** YouTube and other websites are a great way to introduce students to Paralympic events. Before each activity in this module, take a few minutes to show an inspirational video demonstrating the skill, athletic ability, and fitness of Paralympians.