



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Curling

7-9

### General Outcome A



#### Basic Skills:

Nonlocomotor  
Manipulative

#### Application of Basic Skills In:

Games

### General Outcome B



Well-being

### General Outcome C



Communication  
Leadership

### General Outcome D



Effort  
Safety  
Active Living In The Community

## Grade Specific Outcomes

### Activities Teaching Strategies:

Introductory Activity – Review last days lesson on curling terms, hack, hogline, use of broom, rocks, positions etc.

Body – Have children get into groups of 4. Two groups on each sheet of ice. All should have sliders and brooms. Have children pick lead, 2nd, 3rd, and skip for each team. Play 3 ends. Need 1 instructor for every 2 sheets of ice (1 per 16 students). Students should work on their throwing (for accuracy and distance) and sweeping. Help them out as they play their 3 ends. Assist with scoring as well.

Culminating Activity – Have children return all rocks back to the one end, take off sliders and return brooms. Talk about their experience. What did they learn? Did they understand how the scoring worked? Were they surprised by anything (ex. The weight of the rock, difficulty of sweeping)?

### Assessment Strategies:

On the way back to the school, have each child complete a paragraph on the following:

A new student has just arrived at school and has never heard of curling. Explain to him/her what you have learned so far so he/she can join the group the next day. Make the explanation detailed.

This can include some student reflection as well. This will help the teacher to assess the student's level of understanding of the game of curling.

### Equipment:

brooms and sliders for all.

### Resources:

Curling  
LRC# 394809

### Adaptations: