

# CURLING IN THE CLASSROOM

IN LOCHABER

**A HERITAGE RANGER  
SCHOOLS' PROJECT**

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↙ WINTER 24/25

# Aim: to engage young learners in both the historical and scientific aspects of curling

## INTRODUCTION

Curling has a long and distinguished history in the Scottish Highlands, and this project sought to introduce pupils to the sport while incorporating educational themes across various subjects. Led by the Heritage Ranger in Lochaber, the Curling in the Classroom project aimed to engage young learners in both the historical and scientific aspects of curling while promoting teamwork, well-being, and environmental awareness.



# Project Overview



The Curling in the Classroom 2024/25 initiative was implemented across 10 schools in Lochaber, covering areas from Kilchoan to Kinlochleven, and Invergarry to Fort William. The project provided an interactive learning experience to pupils of all ages, from 3 to 16 years old.

## 252

Young Learners took part

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## 10

Lochaber Schools

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## 11

all-abilities sessions

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Sessions were held in school halls, assembly rooms, canteens, and village halls, making curling accessible to both rural and urban schools.

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# Educational Benefits



Practical lessons using indoor curling equipment

## Health and Wellbeing

- Fun warm-up activities with curling stones.
- Encouraging teamwork, resilience, and confidence through bonspiels.
- Promoting physical activity and strategic thinking.

## History and Geography

- Identifying countries where curling is played through a flag quiz.
- Exploring the history of curling in Scotland from frozen lochs to modern competitions.
- Understanding how Scots emigration introduced curling to Canada, Scandinavia, and beyond.

## English and Literacy

- Reading aloud curling-related materials and interpreting written rules
- Writing short reports on curling's history, science, or strategies.
- Encouraging pupils to communicate effectively through team discussions.

This project provided a cross-curricular learning experience, using curling as a foundation for various subjects. Sessions were designed to be interactive, engaging, and suitable for a range of abilities.





Using ice experiments to look at friction in the classroom

# STEM skills

## Mathematics

- Practical applications of addition and scoring in curling.
- Exploring concepts of angles, force, and measurement when throwing stones.

## Biodiversity and Environmental Science

- Learning about the wildlife found in outdoor curling ponds, and process of siltation leading to habitat loss
- Comparing biodiversity value of modern artificial curling rinks to historical outdoor ponds.

## Science Behind Curling

- Understanding inertia and momentum through hands-on experiments
- Investigating why curling stones curve and how players control their path.

A student handbook - educational resource is available for all schools to access on the High Life Highland Rangers Google Classroom or to download from the Rangers webpage: Link - [Curling Workbook](#)



# Conclusion



Photo Credit : Am Baile



The Curling in the Classroom project successfully combined sports, history, science, and teamwork to create an engaging and educational experience for Lochaber's young learners. By linking curling to core curriculum areas, the initiative provided a unique and memorable way to connect pupils with Scotland's sporting heritage while fostering a greater appreciation for biodiversity and environmental stewardship.

This project demonstrates the value of integrating outdoor heritage and active learning into school curricula, ensuring that traditional Highland pastimes like curling remain relevant and accessible to future generations.



## ACKNOWLEDGEMENTS

Special thanks to the participating schools, teachers, and pupils for their enthusiasm and engagement. Their commitment to learning through sport and history has made this project a resounding success.

Thanks also go to the Active Schools team in Lochaber, who assisted the High Life Heritage Ranger project with the loan of equipment and supported in person at some of the local sessions, contributing to the success of the initiative.

**Participating primary schools : Ardgour, Lochalin, Kilchoan, Llundrava, Banavie, St. Columba, Ballachulish, Kinlochleven, Invergarry & Lochaber High School**





**MAKING  
LIFE  
BETTER**



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