

# Archery

## Session Plan

<b>Session Length:</b>	1.5 – 2 hours
<b>Session Aims:</b>	To provide a safe, fun and interesting introduction to the sport of archery
<b>Equipment Required:</b>	Bows, arrows, targets, ground quivers, bosses and bracers.
<b>Suitable Activity Areas:</b>	Indoor/ Outdoor range to meet GNAS required standards.

## Session Set Up

Ensure the archery range is set-up with the nets secure and the shooting line clearly marked out. “Archery in Progress” signs must also be on show at and around the range. Face paint a bow and arrow on to the cheeks of the participants if desired.



## Session Introduction and Welcome Activities

Introduce the sport of Archery to the participants and find out if anyone has tried the sport before.

Do a warm up activity with the participants:

**Splat:** One person stands in the middle of a circle made by the rest of the group. This person must point at other individuals and say “Splat”. The “Splatted” individual must crouch down and the two team members on either side of the person crouching must turn towards each other, point and shout “splat” at each other. The slower of the two is out and sits down, whilst the game continues.

## Main body of Session

### Practical Content

- Complete the safety brief as detailed in the operating policy.
- Give an explanation and demonstration for correct method of shooting and collection of arrows.

- Demonstrate how to wear the arm braces.
- All arrows should be checked for length before shooting commences.
- Clear commands must be given for shooting to commence and for the collection of arrows.
- Each participant should demonstrate with a 'practice shot' that they have understood and can follow the instructions given.
- The staff member must watch all participants while they are shooting.
- The staff member must remain vigilant and ensure waiting participants are complying with the safety rules.

Following the practice shots, games can be played to practice shooting and engage the participants. Games should be selected that are suitable for the group present.

**Scoring:** Participants take it in turns to shoot in rounds and the staff member records the points. For younger participants, the staff member can reverse the points, so that white scores the highest and yellow scores the lowest to make it easier to score well.

**Balloon Game:** The staff member attaches balloons to the target and the participants have to try and burst them by hitting them with an arrow.

**Sticker Challenge:** Put some stickers on the targets. If a participant hits one they get a point and the participant with the most points at the end of the game is the winner. You can do this game with certificates if stickers aren't available.

**Colour Shots:** Split the participants into two teams. The staff member shouts out a colour e.g. 'red', and each participant is given one arrow each to try and hit the 'red'. The team with the most arrows on the chosen colour are the winning team.

**Save the Prince/Princess:** Each participant or team must shoot white, black, blue, red and gold in order. They must get a white before they can move on to shooting a black, etc. The first team to shoot all of the colours saves the Prince/ Princess and wins the game.

**Forfeits:** All participants are given a small piece of paper and asked to write a forfeit on it, such as mooing like a cow, singing a song, pretending to lay an egg etc. These are then pinned face down on to the target and when a participant hits one with an arrow, they have to perform the forfeit that is written on that piece of paper.

**Letters:** Split the participants into two teams and give them a letter. They have to create the letter out of arrows on the target. The team that make the letter the best is the winner.

**Battleships:** Make little paper boats and put the same amount on each target. Split the participants into two teams and each team have to try and sink the opposite teams boats by hitting them. First team to sink all the ships wins the game.

**Holiday Game:** Each participant gets three arrows; the first arrow will determine where they go on holiday. The second arrow determines how they will get there and the third who they are going with. White then represents the worst place, transport, partner and the other colours get gradually better until yellow is their dream holiday, transport and holiday partner.

**Future Game:** This is played exactly the same as the holiday game but the categories are job, car and house.

**Knife, Fork, Spoon:** Certain colours on the target are assigned to an item of cutlery e.g. white and black are a knife, blue and red are a fork and gold is a spoon. With three arrows they need to hit one of each piece of cutlery.

**Eliminator:** Participants play this game individually. Each participant has three arrows for the first round. The first arrow must hit anywhere on the paper target, the second one anywhere inside the rings of the target and the third one on or inside the black ring. Once all participants have completed that round the second round is played. For this the first arrow must hit on or inside the blue ring, second arrow on or inside the red ring and finally the last arrow must hit the gold.

**Noughts and Crosses:** Draw a grid with three rows and three columns and attach it to the target. Have two participants compete against each other in a game of noughts and crosses. When a participant hits one of the squares in the grid they can mark it with the appropriate marking i.e. a nought or a cross. The first participant to have three squares in a row either horizontally, vertically or diagonally wins the game.

**Archery Mathematics:** Blow up several balloons. They can be different colours and various sizes. Write mathematical problems or answers on each balloon. Tell the participant the answer to a sum and they have to shoot the problem, or alternatively, tell the participant the sum, and they have to shoot the correct answer.

**Cricket:** Archers are placed into two teams, bowlers and batters, decided on by the toss of a coin. The object of the game is to score as many runs (points) as possible before your team is bowled out. In order to do this, the bowlers have to hit the Gold (to score a wicket), as many times as there are batters. Conversely the batters score six runs for gold, four runs for red, three for blue, two for black, one for a white. Archers shoot in pairs, one from each team, and shoot one arrow each. Nobody drops out and everyone keeps taking turns until the bowlers succeed. When the batters are “bowled out” the teams reverse roles and repeat the process. The winners are the team with the most “runs”.

**Rounders:** Split the participants into two teams, one team being the batters and the other being the fielders. Each participant must have a person on the other team to go against. The team that bats first are the only team that can gain points at this point in the game. The first participant fires and whatever they get, the opposite team have to get the same colour or a higher score. If they succeed, that means they have caught the batters ball, but if they don't that means the batting team get that point. Once all the batting team have had a go, swap over so that the fielding team become the batters and they have a chance to gain points.

**Horse:** The first shooter takes a shot. The second shooter has to try to make the same shot. If shooter two makes the shot, then shooter three (or shooter one if you only have two players) attempts the same shot until someone misses. The first person to miss gets a letter, starting with “H.” When a shooter spells “Horse,” he or she is out of the game. The last person standing wins.

### Additional content for younger participants

With a younger group of participants, it may be useful to use the following games and activities which are more suited to the younger age group and are themed around Robin Hood.

**Chasing Robin:** Remind the participants that Prince John was always trying to catch Robin Hood. Stick two pictures on the archery target – Robin Hood on gold, and Prince John on the outside. Split the participants into two teams, the first of which represents Robin Hood. One participant from this team shoots at the target and wherever their arrow lands, is where Robin moves to. The first participant from the next team then shoots an arrow, with Prince John moving to wherever their arrow lands. Eventually Prince John and Robin Hood will end up on the same colour on the target, which means Robin has been caught (to lengthen the game and ensure everyone gets a turn, the game could end when Robin has been caught 3 times).

**Take from the Rich, give to the Poor:** Robin and his Merry Men now need to start their mission to take from the rich and give to the poor. Participants are split into two teams, each starting with a certain number of points (e.g. 100, or 50 for a shorter game). Participants take it in turns to shoot at the target, with the colour they land on representing a certain number of points that they have ‘stolen’ from the other team. The first team to steal all of the opposing teams’ points is declared the winner.

## Review

Ask the group what their favourite activity was during the session, and finish the session by playing this game one more time.