

Recommended Age Group: All Ages

Dependent on ability and strength to draw bowstring. Generally upper primary school and secondary schools. Younger children should be closely supervised.

Activity Description:

This is considered a specialised activity as poor supervision, inappropriate behaviour or lack of instructor skill or experience may harm participants. The aim of the activity is to provide participants with a new recreational experience, develop psychomotor skills, increase self-confidence and understand the fundamental skills and safety issues associated with archery. The participants will not only learn Archery techniques, they will play games during lesson as well.

At the conclusion of the activity participants should be able to:

- Identify the parts of a bow, arrow and string
 - Demonstrate the correct stance for loading and releasing an arrow
 - Competently load and release an arrow
 - Understand the safety issues associated with the activity
-

Equipment Required:

- Targets
 - Both Junior & Senior Archery Bags (Includes: unassembled bows, strings, good arrows in container, broken arrow container, arm guards, chalk bag, balloons, masking tape)
Check all this is in the bag
 - Instructions on set up, storage & pack up sheet
 - Metal target trolley
-

Number of Coastlife Staff Required:

1:12 One instructor per 12 participants. Max. Group size 15 with two leaders (Instructor and assisting leader or teacher)

No more than 4 participants shooting at a time.

Teacher/Chaperone should be there to assist with supervision of other children, so the Coastlife instructor can facilitate the activity.

Duration of Activity (provide breakdown if necessary):

20-30 minutes for activity set up

1-1.5 hours for activity

Suitable Location/Setting:

Kianinny Resort at the archery range
Wambiri Lawn behind the Dining Hall
Pambula Beach Discovery Centre behind the Villa accommodation

Program Delivery

Introduction Briefing Points & Safety Considerations

Participants should have a sunhat, long sleeves (if possible), enclosed footwear & long hair tied back. Securing or removing any loose apparel, jewellery and other ornaments that may cause injury to themselves and/or other participants is recommended.

There must be a safety briefing:

Archery is a sport that can be exciting and fun, but it does have an element of danger. Care should be taken to minimise incidents that are associated with this activity. Instructors need to implement the standard "three rule" safety procedure.

1. Participants stay behind the archery line so the instructor can control each participant's access to the firing line.
2. Always point the arrow at the target.
3. Collect arrows when instructor has checked that all arrows have been fired, bows are on the ground, and it is safe to retrieve the arrows.

Archery is an ancient skill, not only used as a weapon but is recognised as an Olympic sport.

- We take safety very seriously!
- Do not step up to the firing line until the Coastlife instructor gives the ok, stay behind the archery line
- Never point the loaded bow at people
- Face the arrow towards the target when loading
- Wear an arm guard to protect the arm
- Do not fire an arrow until told to by the instructor
- Wait until everyone has fired their three arrows before retrieving arrows. Bows must be on the ground and then the instructor will give the ok to retrieve
- Walk with arrows at all times. Never run!

Instructor is responsible for making sure the equipment is not left unattended during breaks between sessions. You must de assemble bows or remove arrows. The equipment should NEVER be left set up unattended.

Activity Delivery

Once the briefing & safety talk are complete, begin the lesson by going through the different parts to a bow & arrow. Give clear & concise instructions on how to position the arrow on the bow. A lot of demonstration is needed during this time.

Show the participants the correct way to chock an arrow onto the string, as well as how to hold it & position the body correctly.

Setting up is very important, as well as showing both left & right handed people the correct stance.

Go through this following process with participants:

1. Step up to the line on command
2. Pick up the bow with the correct hand. Left handed people hold bow with the right hand & the opposite applies for right handed people. The dominant hand is used to pull back the arrow.
3. Feet are shoulder width apart, 90 degrees to the target.
4. Chock arrow onto string, odd colour fletch facing away from bow, use two or three finger tips to place around the end of the arrow on the string.
5. Shoulders wide & raise forearm (important to keep the pulling arm high & elbow up)
6. Breathe in and draw elbow back, string-hand to chin.
7. Aim and release.
8. Once you have shot all 3 arrows, place bow on ground & wait for command.
9. Retrieve arrows by twisting, opposite direction from entry.
10. Always walk with arrows

Give a clear demonstration of this process and carefully supervise each round. Games can then be introduced. These games will help participants to focus, aim & understand the techniques needed.

Refer to Archery Games List to continue session.

Archery Games

Hit the Target:

This is a great game to start with participants, especially if you have a lot of first time Archers. It is good for children to play because it does not focus on hitting the bullseye every time. The object of the game is to close out all of the different colours on the target. Give every colour a point value, even 1 point for hitting the ground, so everyone scores and contributes to the teams tally.

Each player shoots three arrows in a turn and must try & hit a colour on the target. If they are more experienced, you can have one player close out a colour, the score of that colour is added to that teams score each time they hit that colour & other people in the team can then aim for different colours. You can tally up all points at the end.

Pizza Game:

During this game the students pretend that the target face is a Pizza. The white being the base, then the bullseye being yellow is the cheese on the pizza. All the colours in between are different toppings on your pizza. In your group you take turns shooting 3 arrows each, & the idea is that you need to make a full pizza, by hitting all the colours on your target. You can make it harder for the group by having them try & hit the base first, followed by toppings & aiming to hit the bullseye (cheese) last to make a complete pizza!

Balloon Game:

Give each team 3-4 balloons for them to blow up. Set up the balloons on the different targets. Use a stick to pierce through the top of the balloon & into the target. Stick it into a pre-existing hole on the target. Allow each team to shoot at their balloons & try to hit as many as you can on your target.

Each team must be shooting at only their target & aiming to hit all 3-4. You can award points by saying each balloon is worth 50 points & if your team hits all 3-4 you can give bonus points.

Playing cards:

Tape playing cards to the face of the target so the teams aim to hit the cards. Position roughly 10 cards per target. The teams score points to the value of the card they hit. This will challenge the participants to focus & work on their accuracy.

V-shoot:

This activity is best played at the end of a session, or with more experienced participants. It can be presented as a bonus round or extra point session. Set up a large masking tape "V" on the target. One person is selected to represent each team. They then have a face off by trying to hit lower on the "V" than the other teams. The closest team gets bonus points.

X-O-X:

Noughts and crosses can be played on the back of a target, making it easy for children to understand. Either draw a grid with three rows and three columns, or attach an already drawn grid on large sheet of paper, and then play against another player. This game depends on strategy as well as accuracy. The first person to hit a square claims it, and the first person to have three squares in a row either horizontally, vertically or diagonally wins the game. This is a good game to play with experienced participants.

Staggered Targets:

Set up all 3 targets staggered one behind the other, but not directly behind one another. If you're standing looking at the targets you should be able to see them all - they just get further away.

The participants must aim to hit all three targets. You can make it harder by attaching balloons to the last target.

Debrief Points and Outcomes:

Conclude the session by tallying up the points and then discuss with the participants what they have learnt, how they think they did & whether or not they improved during the activity. Archery is a great sport for teaching discipline, balance and patience.