

ARCHERY

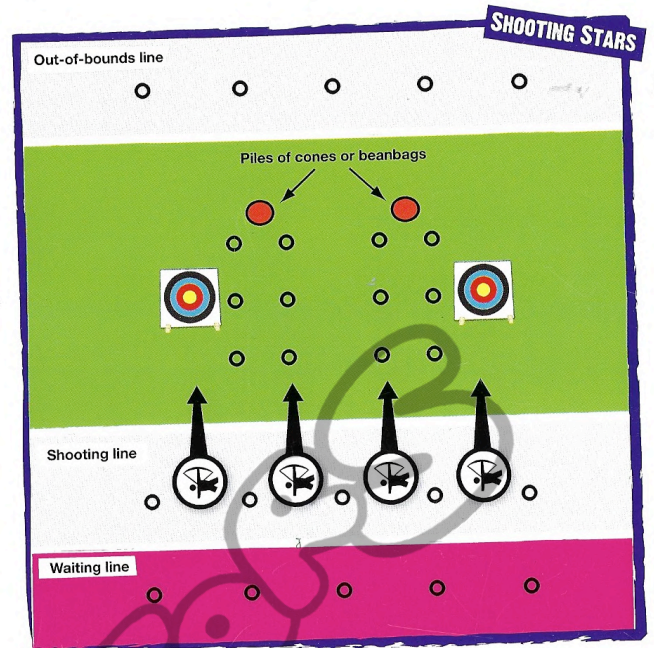
Success

SHOOTING STARS

A team game to improve aim and direction. Land arrows in a lane and collect a cone on each successful shot. The team to collect the most cones (or stars) shoots to win.

Getting started

- Set out the Rapid Range:
 - White markers for the shooting line
 - Pink markers for the waiting line
 - Green markers to mark out the lanes
 - White markers marking out of bounds
 - Beanbags or cones to collect at the end of each lane
 - Set up free-standing targets.
- Arrange children in teams of four or five.
- Mark out one lane per team using lines on the floor, cones or throw-down markers.
- Each person shoots three arrows aiming to get inside the lane. Once everyone has shot, collect your arrows and a beanbag/cone at the end of the lane for every arrow landed in the lane.
- Once the beanbags/cones have all been collected from the far end, the team must shoot for blue or better (free-standing target placed at the side of the lane) to win.
- Change the competition element; throw beanbags so teams do not have to wait to collect them after each throw, therefore introducing a time element too.



SHOOTING STARS

Teaching points

'What am I looking for today?'

- Always follow the Rapid Range guidelines for safe activity.
- Encourage the class to work on whistle commands to organise activity on the range:
 - One blow for starting to shoot
 - Two blows for the retrieval of arrows
 - Three or more blows to stop.
- Ensure pupils wear their arm bracer when shooting.
- Realise a balanced base is important to throw/shoot for direction.

Link to Geography:

Look at the different types of bow and arrow that are used in different countries.

Warm-up: Sheriff is coming!

In pairs, the first person starts to run in and out of cones laid out. When the teacher shouts 'The Sheriff is coming!' the next person follows and tries to tag them. If they are successful they swap over so each partner gets to chase.



Did you know?

Toxophily is another word for archery.

Equipment Required

- ✓ Arrows equipment: One bow, three arrows, one arm bracer per team and free-standing targets.
- ✓ Cones/markers to set out the Rapid Range and lanes.
- ✓ Beanbags for throwing element if needed.

Play and think inclusively

Space

Make the scoring zone smaller or larger, as required, for able or special educational needs and/or disabilities (SEND) pupils.

Task

Emphasis should be placed on shooting in a straight line and not on distance.

Use beanbags to throw instead of using the bows and arrows.

Equipment

Use balls to roll into the lane instead.

People

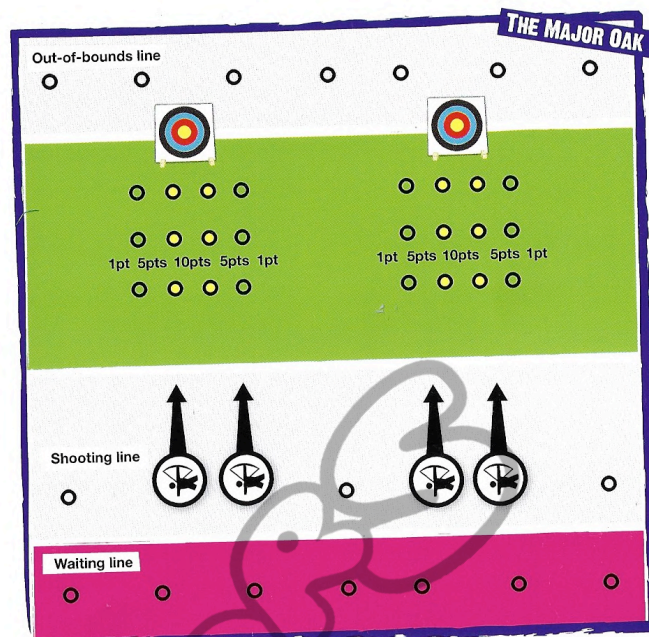
Wheelchair users may need a supporter to retrieve beanbags/arrows.

THE MAJOR OAK

In this individual competition, archers shoot down lanes of cones to score points for accuracy as the lanes get gradually narrower. The archer with the most points wins!

Getting started

- ▶ Set out the Rapid Range:
 - White markers for the shooting line
 - Pink markers for the waiting line
 - Yellow markers for the inside lane
 - Green markers marking the outside lane.
- ▶ Split the class into groups of four.
- ▶ Take it in turns to shoot three arrows and land them within the high scoring area:
 - Between the yellow markers = 10 points
 - Between the yellow and green markers = five points
 - Outside the green markers = one point.
- ▶ The more accurate, the more points are scored.
- ▶ When all archers have shot three arrows once, narrow the lanes to make it harder to score.
- ▶ To extend the task, provide free-standing targets within the scoring zones for bonus points.
- ▶ Archers should not collect arrows until all arrows have been shot.
- ▶ This game can also be played as a warm-up with beanbags to emphasise the rules of the Rapid Range.



THE MAJOR OAK

Teaching points

'What am I looking for today?'

- ▶ Always follow the Rapid Range guidelines for safe activity.
- ▶ Encourage the class to work on whistle commands to organise activity on the range:
 - One blow for starting to shoot
 - Two blows for the retrieval of arrows
 - Three or more blows to stop.
- ▶ Ensure pupils stand behind the waiting line if they are not shooting.
- ▶ Ensure the arrows and beanbags are kept at a safe height by reinforcing the aim of hitting the target.
- ▶ Pupils should only collect arrows when all teams have finished shooting.
- ▶ Ensure pupils think about their technique when using the bow, standing side on with shoulders relaxed.

Link to ICT:

Can you research Sherwood Forest and The Major Oak to find out what it is?

Warm-up: Robin says

Call out commands for pupils to do (eg Robin says 'run to the woods' [run to green cones laid out], 'make a T', Sheriff's coming [do shuttle runs to escape], 'collect your arrows' [go to the shooting line and walk to the point on the range and back again], 'behind the waiting line' [go behind the waiting line], 'Sharp Shooters' [act out the five phases of shooting]).



Did you know?

Fletchings are the stabilising fins or vanes on the end of an arrow.

Equipment Required

- ✓ Arrows equipment: One bow, three arrows and one arm bracer per group.
- ✓ Coloured markers or floor lines to set out the Rapid Range and scoring zones.
- ✓ Free-standing targets.

Play and think inclusively

Space

Consider playing the game on a hard surface if including SEN/disabled players.

Task

Adjust the width of the lanes and distance between markers for SEN/disabled players if appropriate.

To extend the task, provide targets within the scoring zones for bonus points.

Equipment

Allow SEN/disabled archers to throw a beanbag if they have difficulty using the bow and arrow.

People

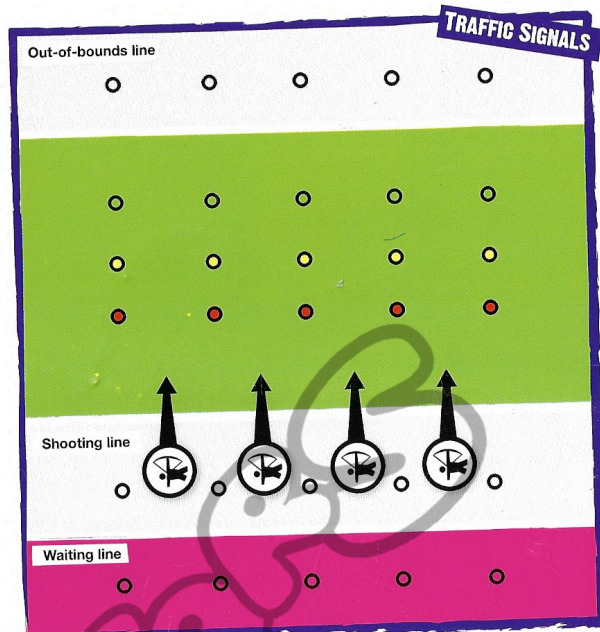
Provide visually impaired players with a guide to assist in positioning.

TRAFFIC SIGNALS

A team game to improve aim and distance. Aim to get three arrows in three colour-coded scoring zones (red/amber/green) that are progressively further away.

Getting started

- Set out the Rapid Range:
 - ➔ White markers for the shooting line
 - ➔ Pink markers for the waiting line
 - ➔ Red, yellow and green markers for the channels
 - ➔ White markers marking out of bounds.
- Arrange the class into teams of four or five.
- Mark out three channels (red/amber/green) using lines on the floor, cones or throw-down markers.
- Pupils take it in turns to shoot one arrow to land in between the first (red cones) and second (amber cones) row of cones. If successful, the next team member tries to land an arrow between the second (amber cones) and third (green cones) row of cones. If successful, the next team member progresses to the final row of cones. If unsuccessful at any stage, they stay at that stage and the next team member has a go.
- They have a maximum of three arrows for each scoring zone.
- The team that completes the challenge first wins.
- Change the competition element (ie whichever team uses the fewest arrows to complete the sequence wins).



TRAFFIC SIGNALS

Teaching points

'What am I looking for today?'

- Always follow the Rapid Range guidelines for safe activity.
- Encourage the class to work on whistle commands to organise activity on the range:
 - ➔ One blow for starting to shoot
 - ➔ Two blows for the retrieval of arrows
 - ➔ Three or more blows to stop.
- Ask pupils to stay as still as they can when releasing the arrow.

Link to Science:

Can you make a connection between the trajectory of the arrow and distance travelled?

Warm-up: Pass and throw

In groups of four, a beanbag or ball is passed around the group in an area behind the waiting line. On the whistle, the pupil with the beanbag throws it at their target (have to come up to the shooting line). Make sure all 'shoot' in the same direction at the target.



Did you know?

A 'Robin Hood' is the name given to the act of one arrow splitting another already in the target!

Equipment Required

- ✓ Arrows equipment: One bow, three arrows and one arm bracer per team.
- ✓ Cones/markers to set out the Rapid Range.
- ✓ Red, yellow and green cones to mark scoring zones.

Play and think inclusively

Space

Aim lower for the red row and higher for the green row.

When pupils have shot, ask them to step back behind the waiting line and wait for their partner to return their arrow.

Make the scoring zone smaller or larger, as required, for able or special educational needs and/or disabilities (SEND) pupils.

Task

Control difficulty by changing gaps between each coloured row, moving pupils closer/further away from the cones, or setting tasks such as clustering the arrows together or hitting coloured rows in a specific order.

Equipment

Use balls to roll into the zone instead.

People

Get archers to work with partners. Those not shooting should observe body position and advise on how to change positions to increase success rate.

ELIMINATOR – HIT THE TARGET

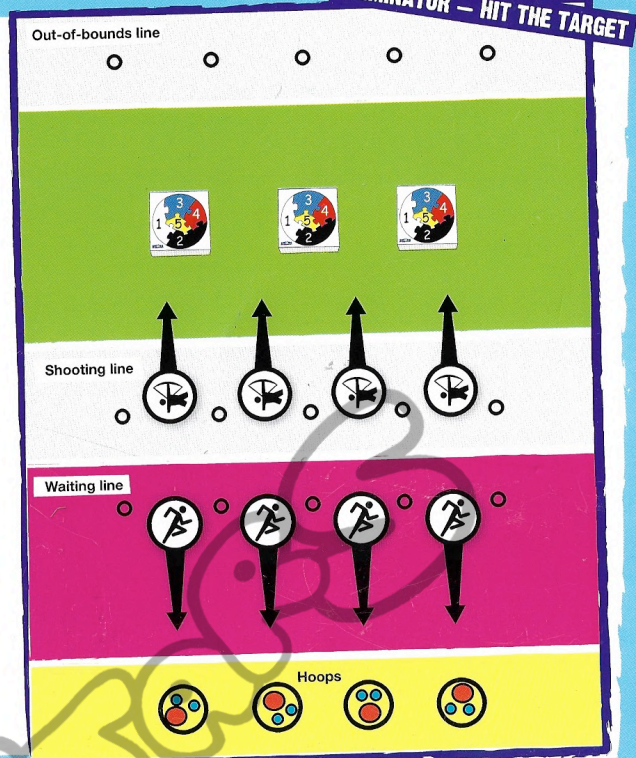
A team activity where children shoot at free-standing 'puzzle targets' to identify how many objects they can eliminate from their hoop. The team to remove them first is the winner.

Getting started

- Set out the Rapid Range:
 - ➔ White markers for the shooting line
 - ➔ Pink markers for the waiting line
 - ➔ Set up free-standing puzzle targets
 - ➔ A hoop containing a number of objects such as balls/beanbags for each team.
- Organise children into six teams.
- In teams, pupils take it in turns to shoot an arrow at the free-standing puzzle target. A team member runs to the hoop to remove the corresponding number of objects from their hoop after each arrow. The team that is first to eliminate the items from the hoop wins.

Warm-up: Stop still

Run around a specified area until the whistle is blown several times. Children stop still, and make the archery stance and shooting motion, and hold in a balanced position until the whistle allows them to move again.



ELIMINATOR – HIT THE TARGET

Teaching points

'What am I looking for today?'

- Always follow the Rapid Range guidelines for safe activity.
- Encourage the class to work on whistle commands to organise activity on the range:
 - ➔ One blow for starting to shoot
 - ➔ Two blows for the retrieval of arrows
 - ➔ Three blows or more to stop.
- Make a wide base with feet spaced shoulder-width apart.
- Make sure pupils cooperate and play fairly.
- When teams are knocked out, ask them to encourage the others.

Did you know?

The centre of the target face is known as 'the gold'. Do you know how many points the gold is worth in traditional archery?



Equipment Required

- ✓ Arrows equipment: One bow, three arrows, one arm bracer per team and a free-standing puzzle target between two teams.
- ✓ Cones/markers to set out the Rapid Range.
- ✓ One hoop per team.
- ✓ Various items (beanbags, balls etc) within each hoop.

Play and think inclusively

Space

Focus on alignment when shooting and encourage pupils to land an arrow in different areas of the target.

Task

Instead of taking out objects, try adding them.

Walk to the hoops or have them placed nearby.

Equipment

Using the puzzle target, change how the scoring works (eg if you get a five, could the team do star jumps instead?).

People

Choose one person in each team to collect the items if required.

Link to Maths:

Can you think of different ways to score in archery? Practise your Maths skills so you can work out your score quickly!