

ARCHERY – UNLOCK THE DRAWBRIDGE

Getting started

- This challenge can be played indoors or outdoors.
- Set out the range:
 - White markers for the shooting line.
 - Red markers for the waiting line.
 - Yellow markers for the first scoring area.
 - Green markers for the second scoring area.
 - White markers marking out of bounds.
 - Free standing targets approx 10m from the shooting line.
 - Hoop or tripod basket placed in each scoring area for each team.
- Split the class into teams of five or six.
- One team member shoots three arrows at the free standing target to establish how many opportunities they get to throw for points:
 - Hit a red or gold = throw three beanbags.
 - Hit a blue or black = throw two beanbags.
 - Hit a white or a miss = throw one beanbag.
- To score points members of the team must land beanbags within identified scoring zones:
 - Land it over the yellow markers for two points (bring the markers close to get easy points!).
 - Land it over the green markers for three points.
 - To make it more challenging add a couple of hoops/baskets between the yellow and green markers, and the green and white markers.
 - Land the beanbag within the hoop between the yellow and green markers for five points.
 - Land the beanbag within the hoop between the green and white markers for ten points.
- Team members take it in turns to shoot three arrows, throw for points, and keep score.
- After all have shot three arrows, the team with the highest score has unlocked the drawbridge and wins.

Quick introduction

This format uses the Arrows – Get into Archery product.

This team challenge requires players to shoot accurately at the free-standing target in order to get as many opportunities as possible to gain the highest score. The highest score will unlock the drawbridge!



ARCHERY – UNLOCK THE DRAWBRIDGE



PHYSICAL ME

- Check that stance and technique for shooting are correct.
- Check that you are aiming at the target when throwing underarm and overarm.
- Sight the target with the front arm when throwing.

SOCIAL ME

Leading and volunteering

- Score keepers to keep and record the score for each team.
- Range managers to set out the correct layout for shooting and scoring zones.
- Arrow collectors.
- Equipment managers to check all equipment and space is safe, set up session and put equipment away at the end.

Think inclusively (STEP)

Space

- If appropriate move the targets closer for SEN/disabled players.
- Consider using a hard surface when including SEN/disabled athletes.
- For disabled players increase the size of the scoring zones to make it easier to score points.

Task

- Consider altering the point scoring system for SEN/disabled players.

Equipment

- If appropriate, make the target sizes between the yellow, green and white markers larger for SEN/disabled players e.g. substitute hoops for chairs to aim at.
- Allow SEN/disabled players to roll balls into the scoring area instead of throwing a beanbag.
- Use different size hoops to mark out the targets.

People

- Support visually impaired players to throw towards the target area. Consider awarding points for distance thrown.

For more information and guidance about archery in primary schools please see www.archerygb.org/arrows

Health and safety points

- All range guidelines when using bow and arrows must be observed.
- Encourage the class to work on whistle commands to organise activity on the range:
 - one blow for starting to shoot
 - two for the retrieval of the arrows
 - three or more to stop all activity.
- Ensure the arrows are kept at a safe height by reinforcing the aim of hitting the target.
- Only collect arrows and beanbags when all teams have finished shooting.
- All archers must wear an arm bracer when shooting.

Equipment required

- 'Arrows' equipment; one bow, three arrows, one arm bracer per team. Free-standing targets for two teams to shoot at, at a time.
- Two hoops or tripod baskets per team.
- Nine beanbags per team.
- Coloured markers or floor lines to set out range and scoring zones.

THINKING ME

- How can I ensure I hit the target?
- Can I take off my arm bracer quickly to make sure I can pass it to the next archer once I've finished shooting?

SPORTING ME

Spirit of the Games



Imagine yourself succeeding and enjoy the feeling of striving to improve your technique and scores.

TACTICAL ME

Can you choose the correct target to ensure you score as many points as possible?



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★ ARCHERY – HENRY V

Quick introduction

This format uses the Arrows – Get into Archery product.

This is a team distance challenge where players shoot far away, enabling them to do as many shuttle runs as they can.

Getting started

- This game is best played outside on a school field or playground to ensure there is enough space.
- Set out the range:
 - White markers for the shooting line.
 - Red markers for the waiting line.
 - Yellow markers for the shuttle run line.
 - Green markers marking the line to shoot beyond.
 - White markers marking out of bounds.
- Split the class into groups of six.
- In each group three players are 'archers' and three players are 'soldiers'.
- The first archer has to shoot three arrows over the green line of cones.
- Soldiers march (walk) to collect the arrows whilst the archer who has shot completes as many shuttle runs as possible until all soldiers return. The second archer to shoot next gets ready and the third archer counts the number of shuttle runs whilst the soldiers collect the arrows.
- The next archer shoots three arrows until all have had a go.
- The archers and soldiers swap roles.
- The archers with the highest number of shuttle runs wins.

Health and safety points

- All range guidelines when using bow and arrows must be observed.
- Encourage the class to work on whistle commands to organise activity on the range:
 - one blow for starting to shoot
 - two for the retrieval of the arrows
 - three or more to stop all activity.
- Soldiers only collect arrows when all archers have finished shooting.
- Soldiers must walk (march) when collecting arrows.
- All archers must wear an arm bracer when shooting.

Equipment required

- 'Arrows' equipment; one bow, three arrows, one arm bracer per team.
- Coloured markers or floor lines to set out range, scoring zone, and shuttle run line.



ARCHERY – HENRY V



PHYSICAL ME

- Check your alignment when using the bow to make sure you hit the target at distance.
- Did you get in a T position before shooting?
- Did you let go of the bow string smoothly?
- Did you put your arm bracer on?
- Allow archers to shuttle run after each shoot if you want to increase activity levels.

SOCIAL ME

Leading and volunteering

- Score keepers to keep and record the number of shuttle runs.
- Equipment managers to check all equipment and space is safe, set up session and put equipment away at the end.
- Range managers lay out the cones to mark the shooting and waiting lines needed.
- Ask every archer to keep their own score.

Think inclusively (STEP)

Space

- Move the line of cones to shoot at; bring it nearer or set it up further away.
- Play the game on a hard surface if including SEN/disabled players.

- If appropriate, shorten the shuttle run distance for SEN/disabled players.

Task

- Change the target area – use a large parachute or put a cone out and see how close you can get.
- If outside on a field shoot as far as possible.
- If appropriate move the targets closer for SEN/disabled players

Equipment

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

People

- Provide SEN/disabled archers and soldiers with a guide or runner if required.

For more information and guidance about archery in primary schools please see www.archerygb.org/arrows

THINKING ME

- How should I aim to get the arrow as far as possible?
- How can I support my team-mates to be as focused as possible?

SPORTING ME

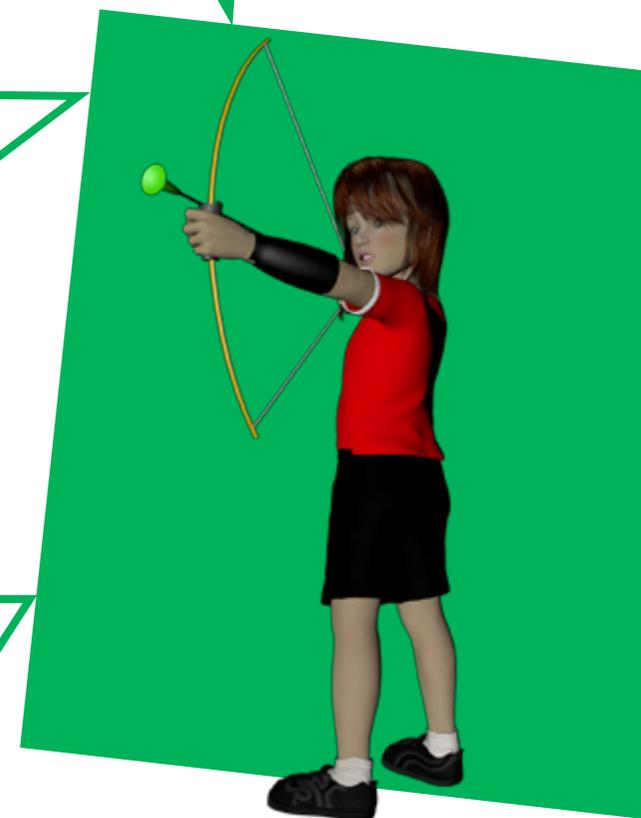
Spirit of the Games



Keep your scoring accurate. Earning an honest victory will fill you with a real sense of achievement!

TACTICAL ME

- Take your time to aim and shoot correctly whilst also making sure you shoot your arrows quite quickly to maximise the time for shuttle runs (soldiers cannot start collecting arrows until each archer in each group has shot their three arrows).
- Were you in control and focusing when you shot?



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ARCHERY – THE MAJOR OAK

Quick introduction

This format uses the Arrows – Get into Archery product.

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

Equipment required

- 'Arrows' equipment; one bow, three arrows, one arm bracer per group.
- Coloured markers or floor lines to set out range and scoring zones.
- Free-standing targets.

Getting started

- This challenge can be played indoor or outdoor.
- Set out the range:
 - White markers for the shooting line.
 - Red markers for the waiting line.
 - Yellow markers for the inside lane.
 - Green markers marking the outside lane.
- Split the class into groups of four.
- The challenge is to 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 = 5 points.
 - Outside the green markers = 1 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.
- All archers should wear an arm bracer.
- This game can also be played as a warm up with beanbags to emphasise the rules of the range.



ARCHERY – THE MAJOR OAK



PHYSICAL ME

- Think about your technique when using the bow.
- Stand side on, with your shoulders relaxed.
- Aim as straight as possible.
- Only cross the shooting line to collect arrows once the whistle or signal has been given.
- Wear an arm bracer to protect your arm from the bow string.
- Try shooting left and righthanded to make it more or less difficult.

SOCIAL ME

Leading and volunteering

- Equipment managers to check all equipment and space is safe, set up session and put equipment away at the end.
- Ensure arrow collectors know the rules of the range and collect safely.

Think inclusively (STEP)

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.

For more information and guidance about archery in primary schools please see www.archerygb.org/arrows

Health and safety points

- All range guidelines when using bow and arrows must be observed.
- Encourage the class to work on whistle commands to organise activity on the range:
 - one blow for starting to shoot
 - two for the retrieval of the arrows
 - three or more to stop all activity.
- Always stand behind the waiting line if you are not shooting.

- Ensure the arrows and beanbags are kept at a safe height by reinforcing the aim of hitting the target.
- Only collect arrows when all teams have finished shooting.
- Only the arrow collector can cross the shooting line.

THINKING ME

- How can I make sure I am safe at all times during the challenge?

TACTICAL ME

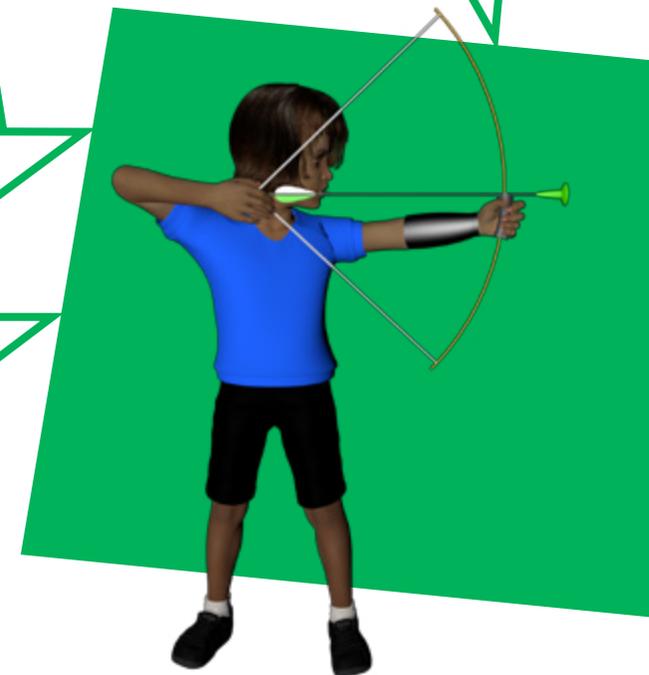
I must keep my focus and not lose concentration if I miss the lane.

SPORTING ME

Spirit of the Games



Everyone will enjoy taking part so show respect for the rules, yourself and the opposition, no matter what the result is.



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