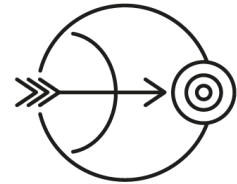


Squirrels & Beavers

Soft Archery



45 Minute session



12 participants + Adults



Supervision ratio as per P.O.R

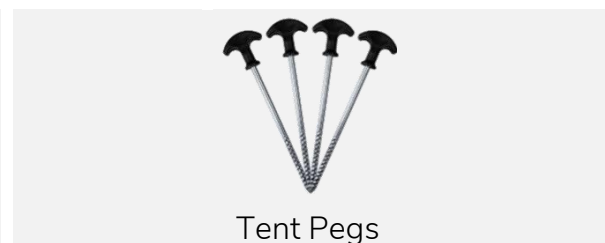
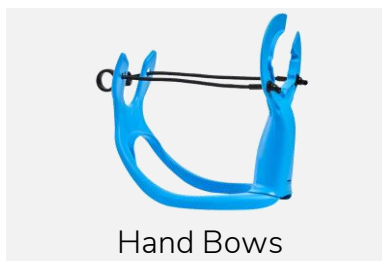


No qualification required

What is this activity?

Soft archery is a way of introducing the sport and skills of archery to younger children. It uses special equipment designed for children and can be run indoors or outdoors without any specialist qualifications or knowledge by adult volunteers.

What equipment do we use?



How to set up the activity

- o Either inside or on a flat outside area use the rope (and pegs) to mark two lines that are 2m (or 2 big steps) apart. These are the shooting and waiting lines.
- o About 3m away, spread the targets out with about a suitable gap between them, make sure there is either a wall, or another 5m of open space behind as an overshoot. (Tip: you can fold the rope in half to easily work out 5m!)



- o Place the hand bows on the shooting line opposite the targets ready for your shooters to pick up, but keep hold of the arrows until you are ready to begin.

How to run the session

Briefing First give a short introductory briefing to the group (2 minutes)



If you are not shooting you must be behind the waiting line.



You are ONLY allowed to shoot arrows at the targets



If anyone shouts "stop" you must freeze exactly where you are!

Demonstration Next show the group how it works. (3 minutes).



Do this 3 times:

1. First show them how without speaking
2. Next do it again and explain each action
3. Finally ask them to explain to you what to do while you do it



1. Pick up the bow, grip the handle and place the back part over your arm.
2. Load the arrow, connecting the magnet to the disk on the end of the arrow.
3. Pull back with the plastic finger tab.
4. Look down the arrow to aim then let go of the string to shoot!

Have a go! Let everyone have a go, work in small groups. (20 minutes)

- o Get the first participants to stand next to one of the bows and pick it up. Ask other adults to make sure the rest of the group are behind the waiting line.
- o When everyone has the bow held correctly, place 3 arrows next to each participant and tell them to shoot at the target! Don't worry about the scores now, as they shoot you can move around to help anyone that is struggling.

Top Tip: Don't pull back too far on the string as this often means the arrow falls off!

- o When everyone has shot, ask them to get 3 arrows back, it doesn't matter which arrows they collect! Switch to the next group of and repeat until everyone has had a go at shooting, then play some games!

Games Play some games (either individually or in teams) (20 minutes)



Score Game

Give each colour a score and ask them to add up how much they scored. E.g. Bullseye = 10 points.



Pizza Game

Each colour gives you a different pizza topping! E.g. Yellow for cheese, Blue for a drink of water!