

INCLUSION LEVEL 1/2 CARDS

PART OF THE
**Sainsbury's
SCHOOL
GAMES**

INCLUSIVE ARCHERY TEAM CHALLENGE

QUICK INTRODUCTION

Inclusive Archery Team Challenge is an exciting team competition that allows SEND and non-SEND archers to shoot together.

GETTING STARTED

Who the competition is aimed at?

- Inclusive Archery Team Challenge is aimed at SEND and non-SEND pupils who cannot easily access mainstream archery competition.
- Each competition is made up of two teams of four that should include a mixture of SEND and non-SEND athletes.
- Each team should be made up of archers of similar archery ability. To establish this, archers can shoot six arrows as part of a warm up activity. Group archers into teams with similar average scores.

SETTING UP THE COMPETITION

- Set out the competition appropriately on a hard surface (indoor or out) following the Archery GB Rules of Shooting, using a safety net as required for the venue. Use 80cm target faces set at a distance of 10m.

EQUIPMENT

Each team will need:

- One target • A minimum of two bows (this will depend on the type of bow each individual requires) • A minimum of 12 arrows • A minimum of two arm guards
- A minimum of two ground quivers (ground quivers hold arrows when they are not being used).

RULES OF THE COMPETITION

- Each team decides the order they will shoot.
- The first archer from each team shoots six arrows at their teams target.
- The scores are collated and posted up on a score board.

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INCLUSIVE ARCHERY TEAM CHALLENGE



RULES CONTINUED

- The next archer from each team shoots a further six arrows and the scores added to the team's total.
- After all archers have shot six arrows the scores are added together.
- The team with the highest score wins the 'End'.
- A competition is run over three "Ends" (or until a set time has been reached).
- The team that wins the most 'Ends' wins the competition.
- Additional teams can compete in the format above or you can run a round robin competition.
- It is recommended that a qualified Archery coach, leader, instructor or teacher supports the competition.
- Allow two 'Ends' of practice before the competition begins.

SAFETY

- Follow the Archery GB Rules of Shooting for range set up and safety.
- Ensure the equipment is checked before the competition.
- Provide a briefing for all competitors prior to shooting about safety and the competition.
- Always listen to instructions about when you can shoot and collect your arrows.

THINK TACTICS

- Think about the order that archers shoot.
- Remain calm and relaxed.

OFFICIATING

- Equipment managers to help coaches check that equipment is safe and help put equipment away at the end.
- Make sure all competitors can see the scores so they know what they need to do to win!

OFFICIATING CONTINUED

- Record officer to collate scores at the end of the competition to identify final positions.

THINK INCLUSIVELY

Space

- Move the shooting line forward to reduce the distance to the targets e.g. 8m.

Task

- Increase the size of the target face.
- Alter the number of arrows that each archer shoots.
- Allow archers to sit on a stool or wheelchair.

Equipment

- If appropriate, lay a target sheet on the floor and allow pupils to throw a bean bag to score.
- If appropriate, consider the use of Archery GB's primary school product, "Arrows". Arrows is a product aimed at primary schools that provides quick, easy and fun archery. Packs come with all the equipment and resources you need to get started. Please visit www.archerygb.org/arrows for more information.

People

- Provide SEND archers with a guide to collect arrows if required.
- Provide varying levels of coaching support while shooting.
- Allow teams to use substitutes.
- Allow teams to have more archers in the team.
- For VI archers that can see the target, consider using different coloured target faces to make the target stand out more.

SPIRIT OF THE GAMES STATEMENT WITH A FOCUS ON INCLUSION

Self-belief

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