



# WHY ARCHERY

## What are the benefits of playing my sport?

Archery requires focus and precision. It's a sport for people who like to challenge themselves, easily charting progress. As well as physical benefits, archery can teach patience, discipline and perseverance.

Archery is an inclusive sport. Players with SEND can access the sport from a standing or seated position and rules should be modified to ensure that SEND archers have equal access to competition.

## TOP Tip!

### Archery GB engaging young people with autism:

Students in Cambridgeshire have benefitted from archery competition being positioned within the school pastoral setting, to create a safe and more inclusive environment.

The self discipline associated with the sport's technical/control characteristics is being used as a vehicle for learning and to extend confidence and competence.

This has challenged perceived barriers and perceptions through a format where young people with and without special educational needs and disabilities can compete together.

# ARCHERY

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Every shot is in the control of the archer. It is that challenge that makes archery so rewarding. Develop your passion for the sport.



Respect in archery means following the rules of the range, showing courtesy to others and having grace when you win and when you lose.



Archers need to record their own scores and the scores of others. They are trusted to compete fairly and earn their victory honestly.



Believe in your ability no matter how often you win or lose. In archery you are fully in control!



In team competitions each archer contributes to their team's overall score. Good team-mates give their fellow archers praise for shooting successfully or trying really hard.



It is a challenge to achieve great shots in archery. Keep focussed and work hard to make every shot as good as possible.

## Priority competitions:

**Name of the competition:**

**Arrows Festival Schools** (Arrows modified equipment required).

**Age group/gender:**

Years 3 to 6. For boys and girls.

**Who can run it?**

Archery GB encourages primary schools to deliver local festivals. For more information, visit [www.archerygb.org](http://www.archerygb.org)

**How to enter it:**

See website below.

**When does it take place?**

Arrows Festivals can take place at any time throughout the year.

**Next steps after this competition:**

Archery GB recommends the next step is for archers aged 8 years and above to join local community archery clubs or take part in a Team Challenge competition (see the Archery Secondary intra competition card) to have a go at the real thing!

**Name of the competition:**

**School v School Competition** (schools will need access to traditional equipment and we recommend using a qualified coach/instructor).

**Age group/gender:**

The competition is aimed at Years 7 to 9 and is for boys and girls.

**What level/location:**

The competition is ideal for both beginners and those with experience and can be held indoors or out at a central venue or at either school competing.

**Who can run it?**

Archery GB encourages primary schools to deliver local festivals. For more information, visit [www.archerygb.org](http://www.archerygb.org).

**How to enter it:**

Sign up to the network now! Register your school. We will map schools who register so schools can organise local competitions. Visit [www.archerygb.org/schools](http://www.archerygb.org/schools).

**When does it take place?**

Archery competitions can take place indoors or outdoors at any time throughout the year.

**Next steps after this competition:**

Archery GB recommends the next step from competition is for archers to join local community archery clubs. As more schools take part at Inter School Competition (Level 2), it may be possible to get involved in a L3 in your area.

## Signposted competitions:

Archery GB is in the early stages of discussing the introduction of leagues/national competition for schools and colleges. Information, when available, will be communicated to the school network.

In the meantime, young people can join local community clubs and Archery GB to access the existing archery junior competitions; visit [www.archerygb.org](http://www.archerygb.org). Clubs will run club level competitions and through this young people can access county championships. Many regions then provide competitive opportunities that young people can progress to. Nationally, there is the Junior National Indoor Championships and the Junior National Outdoor Championships that young archers can progress to:

### Junior National Indoor Championship:

- Takes place on the first complete weekend in December.
- Held at a venue in the Midlands.
- For all juniors 8 to 18 years.
- Visit: [www.archerygb.org](http://www.archerygb.org)

### Junior National Outdoor Championship:

- Takes place on the first complete weekend in July.
- Held at Lilleshall National Sports and Conferencing Centre, Telford.
- For all juniors 8 to 18 years.
- Visit: [www.archerygb.org](http://www.archerygb.org)
- The National Junior Wheelchair games are held in October which include Archery.

## Relevant web links:

[www.archerygb.org/schools](http://www.archerygb.org/schools) • [www.archerygb.org/arrows](http://www.archerygb.org/arrows)

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## Where do young people go next (from school to club/community)?

Find and contact your local club using our Club Finder: [www.archerygb.org/clubs](http://www.archerygb.org/clubs). Archery clubs provide Beginners' Courses which give you all the information you need to join the club and shoot safely.

Other places where you can enjoy archery are leisure centres, holiday camps, and Scouts and Guides.

## Young Leader/Officials courses/qualifications available:

The Arrows Young Leader Award prepares young people to become the driving force behind setting up and running their own Arrows Archery club. By the end of the course, young leaders will be able to understand how to set up and run an Arrows Archery primary school sports club or festival. This includes how to plan and deliver a safe Arrows Archery session using the Arrows equipment and resources, setting out a Rapid Range, explaining the safety rules, and delivering a fun warm-up, guide archers to shoot, and play games (under the supervision of a teacher).

## Embracing the School Games Vision

**Development Competitions** provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

## Relevant web links:

[www.archerygb.org/schools](http://www.archerygb.org/schools) • [www.archerygb.org/arrows](http://www.archerygb.org/arrows)





## Competition Card 1

### Primary or Secondary:

Primary

### Name of competition:

Arrows Festival

### Age group:

KS2 (Years 3-6)

### How to enter:

Through SGO

### Tournament format:

The Festival can take place at a central venue (indoor or outdoor).

### Simple rules:

- The Arrows Archery festival uses four 'Arrows – Get into Archery' activities to give young people a chance to compete using skills in archery. To use the Arrows equipment, you will have access to the supporting literature: the Guide for Teachers and associated activity cards.
- Split the class into four equal groups.
- Set up the competition area:
  - Mark out a 'safe area' with red markers. The red cones act as the waiting line for all activities.
  - Give each group an activity card and time to set up their competition area. See the individual challenge cards and Arrows activity card for information on the layout for each activity.
  - Give groups time to demonstrate the competition to the other groups.
  - Within their groups, split into two teams to compete against each other at each activity.
- Competition time:
  - Groups rotate around the activities and play all four games.
  - Each team records their score after each game.
  - Once all activities have been completed, the team with the highest score wins.

### Think inclusively!

Inclusive Archery enables SEN/disabled and non SEN/disabled players to compete together in the same team.

Teams can compete in the mainstream festival or in a specific inclusion festival made up of other inclusive teams.

Please reference the Think inclusively sections on each primary card for additional guidance on including SEN/disabled archers.

### Key additions to the competition

- Each inclusive team should include a maximum of three SEN/disabled players. SEN/disabled players are defined as those SEN/disabled players who cannot easily access traditional archery.
- SEN/disabled athletes score double points for their team.
- SEN/disabled archers can compete sitting down, from a wheelchair or standing with support, e.g. holding a frame.

### Roles for young people:

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

### How can depth in competition through extra teams be achieved?

Archery is about precision and skill, so you don't need to be 'sporty' to be great at it. Other roles include being a judge, or a field captain. There is something for everyone in archery and you will be surprised how young people with and without special educational needs and disabilities can compete together.

### The route from here to County Final - Inter School Competition (Level 3)

Archery GB does not see Arrows festivals moving beyond Inter School Competition (Level 2) at primary level. Our key aim is to give a sound competitive introduction to as many primary schools aged children as possible through Arrows Festivals. For schools who want to compete more, other inter-school archery competitions are available.

### How can regularity be achieved?

Schools could run the different activities used in the festival within their own school as an intra-school competition, prior to the inter-school festival. Children will be more familiar with the activities and using the Arrows equipment if they have already done competitions in their schools.

### Relevant web links:

[www.archerygb.org/schools](http://www.archerygb.org/schools)



# ARCHERY

## Competition Card 2

### Primary or Secondary:

Secondary

### Name of competition:

School v School Competition

### Age group:

KS3 (Years 7-9)

### How to enter:

Through SGO

### Tournament format:

League — home or away (indoor or outdoor).  
Visit [www.archerygb.org/schools](http://www.archerygb.org/schools) to find other schools that are taking part.

### Simple rules:

- Each competition is made up of two teams. Each team has nine archers, split into three groups of three (mixed or boys and girls).
- Set out the range appropriately following the Archery GB Rules of Shooting. Targets are set at a distance of 15m, and 80cm target faces are used. The suggested distance and target face size is for guidance and schools are encouraged to agree any alterations prior to the competition.
- A group of three from each team comes up and shoots three arrows each. The team totals for the whole target are collated (nine arrows). The winning group is awarded 2 points and a loss is 1 point. In the event of a draw both groups are awarded 2 points. These points are recorded on the team score sheet.
- The arrows are collected after scores are collated.
- The second group of three from each team then come up and shoot and get a score in the same way.
- The third and final group of three come up and shoot to complete the first round of matches.
- The groups of three rotate until an agreed number of matches have taken place, or until a set time has been reached.
- The scores are collated and the winning team is the team with the highest number of points!
- Each match will take approximately 10 minutes. For a one and a half hour event, a suggested number of matches is four.
- If the time available is limited, agree a number of rotations with the other school or continue to rotate until the allocated time is reached.

### Think inclusively!

Inclusive archery enables SEN/disabled and non SEN/disabled archers to compete together in the same team. Teams can compete in a mainstream league or in a specific inclusion league made up of other inclusive teams.

### Key additions to the competition

- Each inclusive team should include a maximum of three SEN/disabled archers.
- SEN/disabled athletes score double points for their team and have three minutes per end.
- SEN/disabled archers can compete sitting down or from a wheelchair.

### Roles for young people:

- Range managers/field captains to help coaches set out the correct layout for shooting and ensure the space is safe.
- Equipment managers to help coaches check that equipment is safe and help put equipment away at the end.
- Time keepers to monitor the time for each 'end'.
- Record officer to collate scores at the end of the competition to identify final positions.

### How can depth in competition through extra teams be achieved?

Archery is about precision and skill, so you don't need to be 'sporty' to be great at it. Other roles include being a judge, or a field captain. There is something for everyone in archery and you will be surprised how young people with and without special educational needs and disabilities can compete together.

### The route from here to County Final - Inter School Competition (Level 3)

As more schools take part in this Inter School Competition (Level 2) competition, there is more likelihood of a County Final - Inter School Competition (Level 3) competition in the area. The top X number of teams from the local league will progress to the County Final - Inter School Competition (Level 3) event. This decision would be made at a local level.

### How can regularity be achieved?

Set up a league with other schools in your area.

### Relevant web links:

[www.archerygb.org/schools](http://www.archerygb.org/schools)

