

★ ARCHERY – ARROWS ARCHERY FESTIVAL ★

Quick rules

- See the three challenge cards:
 - Unlock the drawbridge: this team challenge requires players to shoot accurately in order to get as many opportunities as possible to gain the highest score. The highest score will unlock the drawbridge!
 - Henry V: this is a distance challenge where players have to shoot further away enabling them to do as many shuttle runs as they can.
 - The major oak: 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.
- Select an additional activity from 'Arrows - Get into Archery' (such as Traffic signals or Clout) to make up the final activity and deliver it as a throwing activity so there are three that use the equipment (bows and arrows) and one that doesn't.
- To use the Arrows equipment, you will have access to the supporting literature: the Guide for Teachers and associated activity cards.
- Each group records their score following each activity using the score sheets available.
- Once all activities have been completed, the team with the highest score wins.

Health and safety

- When leading activity using the Arrows equipment, always make sure you have familiarised yourself with the associated guide first.
- All range guidelines when using bow and arrows must be observed (see 'Arrows – Get into Archery Guide for Teachers' for guidelines).
- 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 specified target.
- Only collect arrows when all teams have finished shooting.
- Only the arrow collector can cross the shooting line.
- All archers must wear an arm bracer when using the bow.



Equipment required

- 'Arrows' equipment; two bows, six arrows, two arm bracers for each of the challenge card activities. Free-standing targets for Unlock the drawbridge and The major oak.
- Hoops or tripod baskets.
- Whistle.
- Beanbags.
- Coloured markers or floor lines to set out range area and scoring zones required.



FOR YOUNG PEOPLE

Think tactics

- As a team concentrate on each activity to get the highest number of points you can.
- Focus on your competition and don't be distracted by others.

Spirit of the Games: Excellence through Competition



Encourage everyone in your team to shoot their best every time.

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Quick introduction

The Arrows archery festival uses four 'Arrows - Get into Archery' activities to give young people a chance to compete using skills in archery.

Getting started

- 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.



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Hints and tips

- Allow enough time to set up each activity and range area.
- As a class go through each activity before the formal competition starts.
- Make sure the competition is enjoyed safely – follow the range guidelines at all times.

Leadership and volunteering opportunities

- 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.

Officiating

- Record and keep your team score after each activity.
- Encourage young people to lead each station of activity.
- As part of the 'Arrows – Get into Archery' pack, there is an overall score sheet and individual team score sheets to use for recording results during the festival. Print these out from www.archerygb.org

Think Inclusively (STEP)

Space

- If appropriate move the targets closer for SEN/disabled players.
- Consider playing the game on a hard surface if including SEN/disabled players.

Task

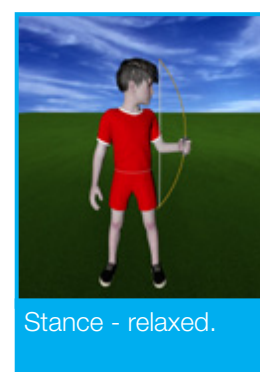
- Consider altering the point scoring system for SEN/disabled players.
- Adjust the width of the lanes and distance between markers for SEN/disabled players if appropriate.

Equipment

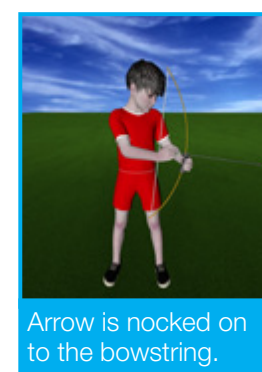
- If appropriate make the target sizes between the markers larger for SEN/disabled players, e.g. substitute hoops for chairs to aim at.
- Allow SEN/disabled players to roll balls into the scoring area instead of throwing a beanbag.
- Allow SEN/disabled archers to throw a beanbag if they have difficulty using the bow and arrow.
- Visually impaired archers are encouraged to use the bows and arrows. Teachers should follow the guidelines for the range and equipment provided as normal for the Arrows - Get into Archery product.

People

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



Stance - relaxed.



Arrow is nocked on to the bowstring.



T position – draw bowstring back.