

Secondary intra-school/Level 1 Resource



TARGET ARCHERY – SHORT METRIC 5

Quick introduction

An individual archery competition shot indoors or outdoors. Archers shoot a total of six dozen arrows over two distances. The highest score wins. The competition will last approximately two - three hours depending on number of children taking part and amount of equipment available, but it can be made shorter.

Schools will need to use traditional equipment and a qualified coach/instructor. These could be accessed through an outdoor activity centre, a local club or coach. Pupils competing should have some prior archery experience.



Getting started

- Set up the range as per Archery GB Rules of Shooting www.archerygb.org/documents, using 80cm target face. If shooting indoors arrange netting.
- Place a maximum of four archers to one target ('the boss').
- Archers shoot three dozen arrows in 'ends' (three arrows at a time) at targets placed 15m away and a further three dozen arrows at 10m.
- Allow two minutes per end (three arrows).
- Apply traditional 10 zone scoring.
- Archers work in pairs to record each others score.
- Shoot in ends of six arrows to reduce the competition time.
- Shorten the competition by shooting one and a half dozen arrows at each distance instead.

Safety

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

Think tactics

Focus on your performance and do not be distracted by others.



T position.



Bow string pulled back.

TARGET ARCHERY SHORT METRIC 5



Organising the game

- Resources:
 - A hall or playground/field set out appropriately.
 - A qualified coach/instructor/leader to provide guidance.
 - Targets, bows, arrows, arm guards, ground quivers.
- Provide a briefing for all competitors prior to shooting about safety and the competition.
- Allow two ends of practice before the competition begins.

Officiating

- 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.
- Timekeepers to monitor the time for each end.
- Record officer to collate scores at the end of the competition to identify final positions.

Keep it enjoyable

- Have two categories within the competition; novice (for those who have limited experience) and experienced (club level archers, Junior 1st Class and above).
- Create a leader board to show how archers are progressing during the competition.
- Choose an end and do a random 'best gold' or 'worst white' for a prize.

Make it easier

- Use a target face of 122cm instead of 80cm and change the scoring to five zone. All archers shoot bare bow (no sighting devices on the bow) so equipment can be shared and consider moving the shooting line forward when the distance changes, rather than moving the targets.

Think inclusively

- Provide SEN/disabled archers with a guide to collect arrows if required.
- Compete on a hard surface if SEN/disabled participants are taking part.
- Allow coaching support on the shooting line.
- If beneficial allow SEN disabled archers to shoot at reduced distances.

- If beneficial allow SEN/disabled archers to compete in pairs or teams.
- For visually impaired archers (who cannot see the target) a tactile sight is used. This is a pointer mounted on a tripod, which the archer lightly touches with the back of the hand to determine the arrows' direction and elevation. A 'spotter' stands next to the visually impaired archer and will tell them what colour they have hit and the position based on clock faces (i.e. red, 10 o'clock). The archer can then either reposition their feet and/or tactile sight.

Spirit of the Games: *Excellence through Competition*



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



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TARGET ARCHERY – TEAM CHALLENGE

Quick introduction

An exciting team 'round robin' competition, followed by a tense head to head elimination to determine the winning team, just like the Olympic/Paralympic games. The competition will last approximately one hour depending on the number of teams/archers.

Schools will need to use traditional equipment and a qualified coach/instructor. These could be accessed through an outdoor activity centre, a local club or coach. Pupils competing should have some prior archery experience.

Getting started

- Set up the range as per Archery GB Rules of Shooting www.archerygb.org/documents, using 80cm target face. If shooting indoors arrange netting. Distance of targets set at 15m.
- Organise the class into teams of any size (a suggestion would be a maximum of nine).
- Divide the team so that two, three or four archers from each team shoot on one boss at each time.
- During the round robin competition, archers take it in turn to shoot two 'ends' each (three arrows at a time) and add up the team total to achieve a team ranking. Teams are awarded 2 points for a win, 1 for a draw, and 0 points for a loss.
- Once ranked, teams compete head to head and the losing teams are eliminated.
- Losing teams form group B and these then compete against each other.
- During head to head matches, each archer shoots three arrows (or one end).
- The remaining team wins!

Safety

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

Think tactics

Think about the order your team shoots in. Put someone who can handle the pressure in last!



TARGET ARCHERY – TEAM CHALLENGE!



Organising the game

- Resources:
 - A hall or playground/field set out appropriately.
 - A qualified coach/instructor/leader to provide guidance.
 - Targets, bows, arrows, arm guards, ground quivers.
- Provide a briefing for all competitors prior to shooting about safety and the competition.
- Allow two ends of practice before the competition begins.

Officiating

- 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.
- Timekeepers to monitor the time for each end.
- Team captains officiate/record score of team shooting against.
- Record officer to collate scores at the end of the competition to identify final positions.

Keep it enjoyable

- Have two categories within the competition; novice (for those who have limited experience) and experienced (club level archers, Junior 1st Class and above).
- Try this as an individual competition too.
- When shooting head to head, put teams on targets adjacent to each other to create the atmosphere!
- Display team scores after each end so teams can see how they're progressing!

Make it easier

- Use a target face of 122cm instead of 80cm and change the scoring to five zone. All archers shoot bare bow (no sighting devices on the bow) so equipment can be shared.

Think inclusively

- Provide SEN/disabled archers with a guide to collect arrows if required.
- Compete on a hard surface if SEN/disabled participants are taking part.
- If appropriate move the targets forward to reduce the distance to the target (to 10m).

- If beneficial for SEN/disabled archers consider using hoops or chairs for targets and beanbags or balls for arrows, applying the same rules.

Spirit of the Games: Excellence through Competition



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



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TARGET ARCHERY – QUICK SHOTS

Quick introduction

A quick team or individual competition for indoors or outdoors, which involves shooting 18 arrows at 15m. The competition is designed to be as flexible as possible. It will take approximately one hour.

Schools will need to use traditional equipment and a qualified coach/instructor. These could be accessed through an outdoor activity centre, a local club or coach. Pupils competing should have some prior archery experience.

Think tactics

If your arrows keep landing in the same area off target, can you lift or lower your bow arm to get them closer to the gold?

Getting started

- Set up the range as per Archery GB Rules of Shooting www.archerygb.org/documents, using 80cm target face. If shooting indoors arrange netting.
- Place a maximum of four archers to one target (known as the boss).
- Archers shoot two and a half dozen arrows in 'ends' (three arrows at a time) at targets placed 15m away.
- Come up with your own creative competition. For example, use different ways of scoring; such as 'Hits and misses' scoring (a gold and red = hit, a blue, black and white = miss). Archers work in pairs to record scores. The archer with the most hits wins.

Safety

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



TARGET ARCHERY – QUICK SHOTS



Organising the game

- Resources:
 - A hall or playground/field set out appropriately.
 - A qualified coach/instructor/leader to provide guidance.
 - Targets, bows, arrows, arm guards, ground quivers.
- Provide a briefing for all competitors prior to shooting about safety and the competition.
- Allow one or two ends of practice before the competition begins.
- Change the number of arrows depending on the time available.

Officiating

- 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.
- Timekeepers to monitor the time for each end.
- Record officer to collate scores at the end of the competition to identify final positions.

Keep it enjoyable

- Have two categories within the competition; novice (for those who have limited experience) and experienced (club level archers, Junior 1st Class and above).
- Create a leader board to show how archers are progressing during the competition.
- Instead of 'Hits and misses' put balloons on the target face for pupils to pop. First team to pop all their balloons wins.
- Many coaches use different competitions with young people – be flexible in the kinds of competition you can do using this set up.

Make it easier

- Use a target face of 122cm instead of 80cm and change the scoring to five zone. All archers shoot bare bow (no sighting devices on the bow) so equipment can be shared and consider moving the shooting line forward when the distance changes, rather than moving the targets.

Think inclusively

- Provide SEN/disabled archers with a guide to collect arrows if required.
- Compete on a hard surface if SEN/disabled participants are taking part.

- Allow coaching support on the shooting line.
- If appropriate move the targets forward to reduce the distance to the target (to 10m).
- If beneficial allow SEN/disabled archers to compete sitting down.

Spirit of the Games: Excellence through Competition



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



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