



Archery

Program Purpose:

Students will learn how to identify and safely use basic archery equipment. Students will practice correctly shooting aluminum or fiberglass shaft arrows with adjustable tension compound bows at standard archery targets.

Program Length: 1 – 1 ½ hours

Age: Grades 4th and up

Maximum Number of Participants: 15 (1 adult required from group)

Objectives:

After taking part in the archery program, students will be able to:

- Demonstrate proper stance, nocking, targeting, and release techniques
- Follow basic safety procedures involved in handling and using archery equipment
- Develop the basic skills necessary to enjoy archery as a sport.

Requirements:

Program leader must have previous experience teaching archery and attend a training session covering Upham Woods safety procedures. Two adults are required for this program. Orange safety flags are located in the office and should be used to cross the road.

Preparation before the group arrives:

The first class of the day should open the archery shed and set out the targets, arrows, and bows.

Set out equipment- This includes getting out two orange flags from the office, opening up the shed, setting out three targets on their wooden stands, and two arrow racks with 3 arrows for each shooting target.

*If the group is leading this activity make sure to set out orange flags on the porch of the administration building and to unlock the shed for them.

Checking Equipment- Upham archery equipment needs to be inspected by a staff member for the following:

- Check arrows to see if they are bent or have broken nocks or tips.
- Check bowstrings. If excessive fraying is present, don't use the bowstring. When in doubt, use the extra bow that has been provided.

- Check bows for cracks. If any are present or you are in doubt about the safety of the bow, don't use it. Use the back-up bow.

Inventory the equipment on the clipboard inside the shed before and after the group uses our equipment.

The group will be assessed a fee for damaged or missing equipment. Make sure this is noted on their Checkout Sheet

Basic Outline:

- I. Introduction
- II. Safety
- III. Shooting Demo
- IV. Retrieving Arrows
- V. Shooting
- VI. Games
- VII. Equipment

Road Crossing:

Orange safety flags must be used when crossing County Rd N to the archery range. A flag in the front and back of the line should be used. Everyone in class must cross the road together. No one should cross without adult supervision.

Introduction:

People have used archery equipment since prehistoric times. Archery equipment has changed a great deal over time. Today they are using a compound bow, which was developed so that the drawing of the bow is easier and the arrow shoots faster.

Safety:

Go over the following safety rules:

- In baseball you get three strikes and you are out. During archery, one strike and you are done participating; there is zero tolerance for inappropriate behavior.
- Bows and arrows should be pointed down range at all times.
- No one should retrieve their arrows until the program leader gives the proper commands.
- Never dry-fire the bows (pull back and shoot with no arrow.) This puts enormous stress on the bow.
- If anyone is shooting, all other people should be sitting or standing back by the benches.

Shooting Demo: *Demonstrate whenever possible.*

Holding the bow

If you are right handed you will need to use a right handed bow and hold it in your left hand. The bow should **never** touch the ground. They will get damaged easily by dirt getting lodged in their wheels.

Stance

Your body should be parallel to the target with the tips of your toes lined up (90 degree angle) with the center of the target. Only your head turns to face the target, not your entire body.

Nocking an arrow

The arrow has many parts including: tip, shaft, fletching/feathers, cock feather, and nock. The nock is the part of the arrow that connects it to the bowstring. You do not need to hold onto the arrow, that is the nock's job! The shaft of the arrow will rest on the arrow rest of the bow.

Prep to fire

Grasp the string with three fingers having the arrow in between the index and middle fingers. You should not wrap your fingers all the way around the bowstring—only the tips of your fingers should be used to pull back on the string. Next, turn your head towards the target and extend the arm holding the bow so that it is parallel to the ground and straight (no bent elbow).

Firing

Draw the arrow back far enough so that your hand comes back to your jawbone. This arm should also be parallel to the ground (no chicken arm). Also, make sure that the elbow on the arm that is holding the bow is rotated outward so that the string doesn't slap on your arm. Aiming is done with the dominant eye, sighting down the end of the arrow towards the target. To release the arrow, simply relax your fingertips. Follow through by keeping your fingers right by your face and your bow arm extended until the arrow has hit the target. If you drop your arms too quickly, the arrow could still be exiting it and will get knocked off its path.

Just like any other sport or skill it takes practice to really get the hang of it. Our goal is not for you all to leave as expert archers who hit a bulls-eye every time, but to try and to feel more comfortable with shooting than when you arrived.

Shooting:

Divide the students in to three groups, one group per shooting lane. This means that only three people are shooting at a time. Students shoot three arrows before they go and retrieve them for the next person in line. Go through the shooting commands with the motions explained above.

While the shooting teams are on the shooting line the following commands should be used:

- “Shooters to the line.”
(Come up and get the bow)
- “Shooters nock your first arrow.”
(Nock their arrow and wait)
- “Shooters ready.”
(Get into the shooting stance & draw)
- “Range open, fire at will.”
(Release the arrow)

Students should shoot all three arrows at will. Once all 9 arrows have been released, the next command will be given.

- “Range closed. Hand off bows to next shooter.”
- “Retrieve your arrows.”

No one should ever step across the firing line until the “range closed” command is given, even if you drop and could reach it within one step. It is important to have patience because everyone takes different amounts of time to shoot.

To remove your arrow place one hand flat against the target with the arrow coming out between your thumb and pointer finger. Wrap the other hand around the arrow as close to your first hand as possible and pull straight out. Do not wiggle the arrow around to remove it, simply pull as straight as possible. This prevents the arrows from bending and the targets from getting large holes in them.

Common Shooting mistakes with kids:

- *Not having the proper stance* – their body isn't perpendicular to the target
- *Arrow isn't nocked correctly* – the feathers are facing the wrong way
- *Holding onto the arrow too tightly* – fingers aren't placed correctly on the string
- *Don't draw back far enough* – their hand should be pulled back to their jaw bone
- *String hits their arm* – poor form, they need to rotate their elbow outward

Games:

Once you have gone through a couple of rounds with the teams of shooters, a game might help to keep their interest. Here are some ideas:

- Tape cards onto the targets
- Tape balloons or stuffed animals to the targets
- Score each round by having each color worth a point value. Have the students keep track of their individual score or as a team.
- Put a piece of masking tape anywhere on the target. Students can try to hit the piece of tape, hit one end of the tape, or can simply aim to have all arrows hit on one side or the other of the tape.

- Have students draw a picture to tape onto the target (ex: donut, star, etc). They are not allowed to draw a person.
- Elimination game: Each person shoots three arrows, students who hit the bulls-eye (or any other color of your choosing) moves onto the next round. For the next round, students only have 2 arrows with which to hit the appointed target area. For the final round students only shoot one arrow, and who ever is closest wins.

Conclusion:

At the end of each class make sure that all equipment is accounted for. All bows should be hung in the shed between classes. If multiple classes are being taught the targets may remain out. If there is more than an hour between classes the arrows should be returned to the shed. After the last class of the day, all of the equipment should be put away and locked up in the shed. All equipment **must** be inventoried on the clipboard inside the shed.

Upham Archery Program Guide for Guest Instructors

Overview of Program

- I. **Check and set up archery equipment**
 - A. Inspect equipment
 - B. Record damaged equipment
 - C. Set out targets and arrows
- II. **Greet group at porch by parking lot**
- III. **Road Crossing**
 - A. Use orange flags to cross road
- IV. **Safety Rules**
 - A. Zero tolerance for goofing off
 - B. Listen to shooting commands
 - C. No dry firing bows
 - D. Bows & arrows point down range
 - E. Wait to shoot sitting on benches
- V. **Shooting Demo**
 - A. Holding the bow
 - B. Stance
 - C. Nocking an arrow
 - D. Firing/shooting commands
 - E. Retrieving the arrows
- VI. **Shooting**
 - A. Put students in 4 groups
 - B. Shoot rounds of 3 arrows
- VII. **Clean-up**
 - A. Put equipment away
 - B. Record damaged bows & arrows

Road Crossing

- Use orange safety flags to cross road
- A flag in front of group and the back
- No one should cross without adult supervision

Safety Rules

- Two adults required for this program; one will supervise students shooting and the other adult supervises the students waiting
- Zero tolerance for inappropriate behavior
- No one should retrieve their arrows until the proper command is given
- Bows and arrows should be pointed down range at all times
- Never dry-fire the bows (pull back and shoot with no arrow)
- When not shooting, students should be sitting or standing back by the benches behind shooters

Shooting Commands

The following commands should be used:

- “Shooters to the line.”
(Come up and get the bow)
- “Shooters nock your first arrow.”
(Nock their arrow and wait)
- “Shooters ready.”
(Get into the shooting stance & draw)
- “Range open, fire at will.”
(Release the arrow)

Retrieving Commands:

- “Range closed. Hand off bows to next shooter.”
- “Retrieve your arrows.”

Equipment

- The bows should never touch the ground
- If there is more than one hour between Archery classes, the equipment should be put away in the shed. If it is the last class, the shed should be locked
- **If any equipment is lost or broken– please make Upham staff aware of this**