



EXPLORE ARCHERY

AN INSTRUCTOR'S GUIDE TO BEGINNER
ARCHERY PROGRAMS

a program of



in partnership with



WHAT'S INSIDE

EXPLORE ARCHERY

Explore Archery is a versatile archery education program that is fun, rewarding, progressive and —most important— safe. It is designed for all ages and abilities, and it is a great fit for local parks and recreation departments, camps, archery retailers, scouts, 4-H and state agencies. It is suitable for any organization that has the capability to implement short and long-term recreational archery programs.

Explore Archery gives you all the tools you need to create a successful archery program for your students.

- ▶ RANGE SAFETY
- ▶ RANGE SET-UP DIAGRAMS
- ▶ EQUIPMENT BASICS
- ▶ THE STEPS OF SHOOTING
- ▶ HOW TO TEACH ARCHERY CLASSES
- ▶ 30 FUN, EXCITING & CHALLENGING ACTIVITIES
- ▶ LESSON PLANS
- ▶ CLASS OUTLINES
- ▶ NEXT STEP PROGRAM OPTIONS
- ▶ ADAPTIVE ARCHERY RESOURCES

Explore Archery can be used from start to finish to teach and strengthen basic archery skills. It is a progressive activity guide that takes students from simple games to shooting in more complex head-to-head competitions.

USA Archery requires that all instructors for the Explore Archery program be certified as a current USA Archery Level 1 instructor or equivalent.

The individual activities can be used to complement existing archery programs, as one-day or try archery events or as a one-week or multi-week class or camp session. Explore Archery offers the flexibility needed to plan and organize programs for many different venues and program goals.

TEACH FUNDAMENTAL SKILLS

AWARDS & SKILL ACHIEVEMENT

FUN, EXCITING & CHALLENGING ACTIVITIES

NEXT STEP PROGRAM OPTIONS

LESSON PLANS FOR:

TRY ARCHERY EVENTS

1 DAY CAMPS

1 WEEK CAMPS

6 WEEK CLASSES

BIRTHDAY PARTIES

For more information on how to start an **Explore Archery** program or to locate a program near you please visit www.usarchery.org.



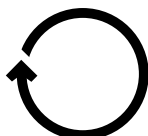
FUN & EXCITING ACTIVITIES

Explore Archery contains 30 activities outlined in a simple to use format for instructors.

ACTIVITIES 8. HORSESHOES



activity time
15 minutes



set-up time
15 minutes



skill learned
hook and grip



awards match
shot execution

THE POINT

Students focus on consistently anchoring at the corner of the mouth while predicting where their arrow will go in this fun archery game of horseshoes. It's fitting that archers will focus their efforts on anchor while playing horseshoes. If students maintain their anchor, they are more likely to get a ringer every time.

EQUIPMENT NEEDED

- Three arrows per student, different or distinctive for scoring purposes
- Paper large enough to cover the target face
- Markers
- Target pins

RANGE CHANGE

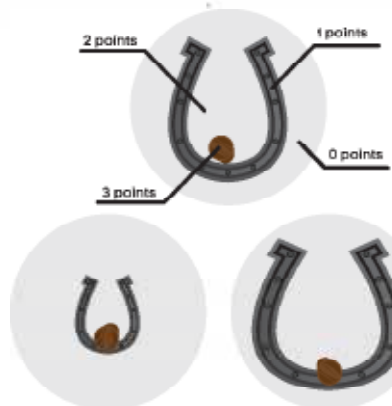
- Place two quivers at each target.
- Make a horseshoe target face:
 - On the large pieces of paper draw a horseshoe with a circle on the base of the horseshoe as the ringer.
 - Depending on the skill and age of your class, make the horseshoe either larger and wider or smaller and narrower. (See illustrations on page 62)
- Pin a large paper horseshoe onto each target.

DID YOU KNOW?

It is thought that the game of "Horseshoes" is a distant relative of one of the very first ancient Olympic games -- discus throwing. The ancient Olympic Games began in Greece in 776 BC and, as early as 200 AD, iron plates or rings (shoes) were nailed onto horses' feet in Western Asia and Eastern Europe. Therefore, historians believe that servants of Grecian soldiers began throwing discarded horse rings at stakes in the ground, mimicking discus throwing.

This fun archery game combines two of the oldest Olympic Games and one of the most popular modern-day picnic games -- archery, discus throwing and horseshoes.

ACTIVITIES 8. HORSESHOES (continued)



PROCEDURE

- Pair up archers with the player on their right or left.

Coach's Tip: Move archers around to make sure they are equally matched.



- Have all pairs choose an order they will shoot in.
- Place three arrows into each archer's quiver. Make sure that competing pairs have different colored arrows or fletching.

Rules of the game:

- Each archer gets three arrows.
- Have archers take turns shooting at the horseshoe target until all arrows are shot.
- Scoring:
 - Any arrow that is touching the horseshoe counts as 1 point.
 - Any arrow inside the horseshoe counts as 2 points.
 - Any arrow that hits the "ringer" is worth 3 points.
 - Any arrow outside of these areas is worth 0 (zero) points. See illustration of target for

ACTIVITIES 19. GOLDEN QUIVER QUEST (continued)

3. Rules of the Game:

- The goal is to get one to three arrows into the Solo® cups without your opponent shooting an arrow into the same cup.
- Competing archers will shoot their arrows at the same target at the same time.
- Scoring:
 - The goal of the game is to win the "Golden Quiver" by getting the overall highest score or by getting three arrows into one Solo® cup.

SHOOT FOR THE GOLD

Move the targets back farther.

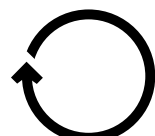
RESOURCES

- Rowling, J.K. Harry Potter and the Sorcerer's Stone. New York: Scholastic Press, 1998.
- Rowling, J.K. Harry Potter and the Chamber of Secrets. New York: Scholastic Press 1998.
- Rowling, J.K. Harry Potter and the Prisoner of Azkaban. New York: Scholastic Press 1999.
- Rowling, J.K. Harry Potter and the Goblet of Fire. New York: Scholastic Press 2000.
- Rowling, J.K. Harry Potter and the Order of the Phoenix. New York: Scholastic Press 2003.
- Rowling, J.K. Harry Potter and the Half-Blood Prince. New York: Scholastic Press 2005.
- Rowling, J.K. Harry Potter and the Deathly Hallows. New York: Scholastic Press 2007.

ACTIVITIES 19. GOLDEN QUIVER QUEST



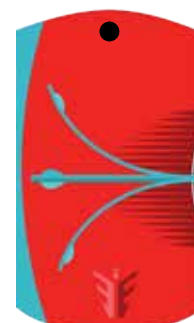
activity time
20 minutes



set-up time
15 minutes



skill learned
hook and grip



awards match
shot execution

THE POINT

In a head-to-head battle over the Golden Quiver, archers focus on their follow-through before looking to see where the arrow went. Keeping with the theme from Activity 14, Solo® Cup Shoot, continue to use the red Solo® Cups. The Solo® Cup Shoot's energy and intensity will persist through this fun, head-to-head battle of archers. Have fun with this activity by relating the components of the game to the Harry Potter series where characters play Quidditch in an epic battle to obtain the Golden Snitch, or in this case the Golden Quiver!

Since your archers are consistent in their shooting steps, make sure they finish their shots before looking to see where the arrow went.

EQUIPMENT NEEDED

- 10 arrows per student, different or distinctive for scoring purposes
- 50-60 Red Solo® Cups (10 per target)
- Target pins
- A prize for the highest scoring archer (Golden Quiver)



Coach's Tip: In this game, the prize would be a "Golden Quiver." This can be anything from a bag of candy to an actual "Golden Quiver." Use what works best for you and your class -- be creative and have fun!

To make a Golden Quiver:

- Fold a large piece of construction or card stock paper into the shape of a hip or back quiver. Use staples or tape to secure the paper.
- Spray paint the quiver with gold spray paint.
- Use string or rope for the belt.
 - OR --
 - Use gold spray paint or gold-colored duct tape to cover a plastic hip or back quiver.

RANGE CHANGE

- Place two quivers at each target.
- Pin 10 Solo® Cups in the shape of a pyramid onto each target. Put four cups on the bottom, three cups above the four, two cups above the three cups, and one cup on top of the two. (See photo page 84)

PROCEDURE

- Place archers into groups of two
- Place 10 arrows into each archer's quiver. Make sure that competing pairs have different colored arrows or fletching.

To purchase the **Explore Archery** instructor manual please visit www.usarchery.org.



XPLORE ARCHERY

ACHIEVEMENT AWARDS

EARN ONE AT A TIME & COLLECT ALL 5



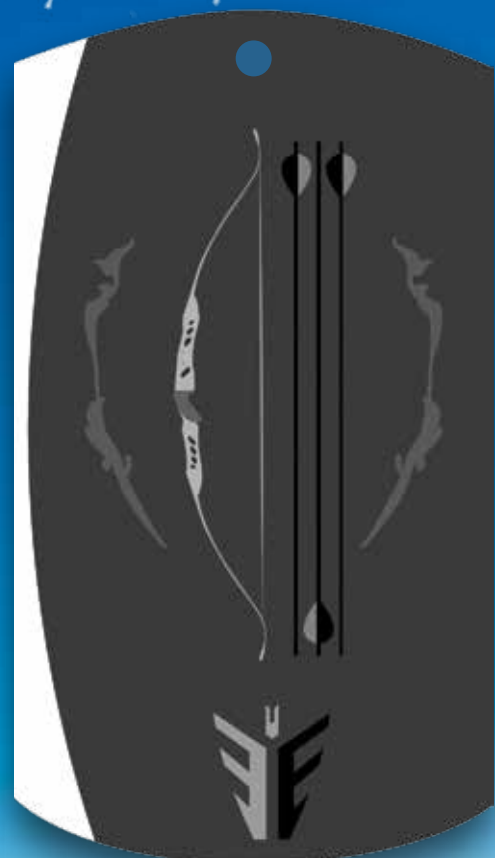
In **Explore Archery**, awards are earned by students' active participation in individual and team-building activities that require fundamental skills, a competitive edge and a bit of creativity — and not based on students' athletic abilities or their capabilities to shoot a perfect score. Whether students are trying to pop a balloon or create an archery painting, they will stay engaged and keep coming back for more!

Explore Archery awards are sold in a complete pack (five awards per pack) on the USA Archery website at www.usarchery.org.

SAFETY



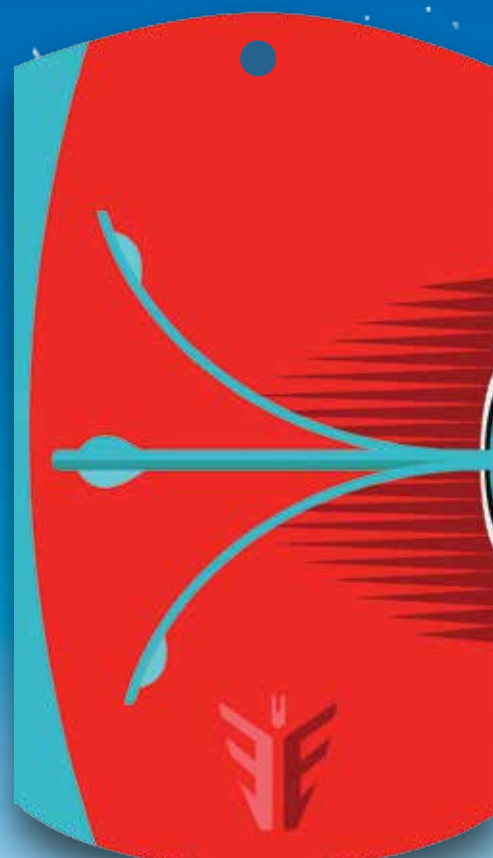
EQUIPMENT



FORM



SHOT EXECUTION



SCORING





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