

Cadette Archery Activity Plan

Badge Purpose: When you've earned this badge, you'll know how to take aim outdoors with your archery skills

Activity Plan Length: This plan will be completed at your own pace.

| Activity | Materials Needed |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Get to know archery equipment <ul style="list-style-type: none"> Learn about bows, arrows, and equipment maintenance and care | <input type="checkbox"/> Computer or phone with Internet access |
| Safety first! <ul style="list-style-type: none"> Learn about archery safety Practice archery skills before you go on a range | <input type="checkbox"/> Proper archery attire |
| Archery expert <ul style="list-style-type: none"> Learn about Olympic archery scoring and champions | <input type="checkbox"/> Computer or phone with Internet access |
| Shoot on an archery range <ul style="list-style-type: none"> Practice shooting on a range and create an archery challenge | <input type="checkbox"/> Proper archery attire |

Getting Started

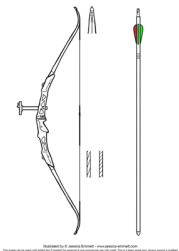
Let your troop leader, parent, or other adult know that you'll need to shoot using a bow and arrow at an archery range to earn this badge. Find out where you can shoot archery such as a local range or recreational facility, Girl Scout camp or a council event.

Activity #1: Get to know archery equipment

Badge Connection: Step 1 – Get to know archery equipment

Materials Needed: Computer or phone with Internet access

- Identify these bows. Use the Internet to research each type and note three interesting facts about each below.



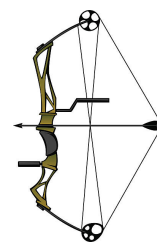
Bow type:

- 1.
- 2.
- 3.



Bow type:

- 1.
- 2.
- 3.



Bow type:

- 1.
- 2.
- 3.

- Research types of arrows proper arrow length for you



3. Know the parts of a Recurve Bow and the parts of an arrow
4. Learn about Archery equipment maintenance and care – and know what parts of that process you will be responsible for when you shoot at an archery range

Activity #2: Safety first!

Badge Connection: Step 2 – Learn about archery safety, Step 3 – Practice archery before you go on a range

Materials Needed: Proper archery attire

Prep Needed:

- For this step, you'll need to take an archery class, so do some research to find a location near you and plan how you will pay for it.
1. Review these archery safety tips:
 - a. Always check bow and arrows for signs of damage (cracks, splintering, string wear etc.) before shooting
 - b. Never point a bow at anyone (even if there isn't an arrow). This helps create proper shooting habits.
 - c. As you nock your arrow, keep it aimed toward the ground
 - d. Never "dry fire" your bow – pulling and releasing the string without an arrow
 - e. Listen carefully to all commands given by the instructor
 - f. Walk to retrieve arrows
 - g. If you drop anything in front of the shooting line, do not retrieve it until the command has been given for everyone to stop shooting
 - h. Know the commands (whistles and voice commands) for shooting and retrieving at the range
 - i. Know range rules
 - j. Know proper shooting form
 2. Be sure to wear proper archery attire
 - a. Tie long hair back
 - b. Wear comfortably fitting clothing (but not loose)
 - c. Wear safety gear: chest protector and arm guard
 - d. Wear closed-toe shoes
 - e. Remove all jewelry
 3. Take an introduction to archery workshop at a range or Girl Scout Camp

Activity #3: Archery Expert

Badge Connection: Step 1 – Get to know archery equipment

Materials Needed: Computer or phone with Internet access

1. Learn about scoring in Olympic archery. This website is a good place to start: <https://worldarchery.org/news/142046/beginners-guide-archery-olympics>
2. Choose a famous archer to learn about. You can choose an Olympic athlete or someone local. (Korea's Olympic women's team is undefeated in the Olympic team contest!) <https://worldarchery.org/athletes> Share your findings with your troop, a friend, or family member!



Activity #4: Shoot on an archery range

Badge Connection: Step 4 – Shoot on an archery range, Step 5 – Create an archery challenge

Materials Needed: Proper archery attire

1. Shoot on an archery range.
2. When you feel confident shooting for fun, create an archery challenge for yourself, a group of friends, or younger Girl Scouts. You can change up the scoring, create teams, or special scoring rounds – just make sure to continue to follow all safety rules!

More to Explore

- Field Trip Ideas:
 - A sporting goods store that sells archery equipment
 - Watch an archery competition
- Speaker Ideas:
 - Professional or avid archer
 - Archery range owner or youth program director

