Archery Level 1 - Lesson Plan

Key Points to Cover:

1 – Types of archery

2 – Bow – Choose Hand, Length and Weight

3 – Arrow – Length and Spine (or stiffness)

4 – Preparing to shoot – Stance, grip, finger position, preparing the shot, drawing the bow, anchoring, aiming and release and the follow through

5 – Care of the bow

Supplies Suggested:

Bring in examples of different bows and arrows. If you have different targets you can also bring them in. If you are at a school you may be restricted as to what you can bring onto the school grounds so check with your local authorities to ensure everything is ok.

Activities to Reinforce Lesson:

There are places you can go to practice shooting bows and arrows. Pineridge has an archery range and so do some of the county parks. Taking the group to one of these places for an afternoon of shooting is always a good way to introduce them to the sport. You may find that you have a father or other member of the congregation that is an avid bow hunter that could lead this topic.

Devotion: