

Cub Scout Archery Adventure Lesson Plan

Purpose

This lesson plan is provided for rangemasters to teach the Cub Scout Archery Adventures at a council-sponsored long-term camp, short-term camp, day camp or one day activity. The Archery Adventures are available for each Cub Scout rank.

Units are not authorized to hold range and target activities at the den or pack level. The information in this lesson plan is not meant to replace any information in the [National Shooting Sports Manual](#) or the [Guide to Safe Scouting](#).

This lesson plan was developed as a guide for a 5-session day camp or twilight camp experience with (5) 45-minute sessions. The rangemaster may adjust this plan to meet the event's program schedule if the requirements are met as written. Suggestions for other events and mixed age dens are at the end of this lesson plan.

As with all Scouting activities, Lion Scouts and Tiger Scouts must have their adult partner with them while at the archery range.

NOTE: When the word 'demonstrate' is used in a requirement, a simple demonstration made by the Cub Scout showing their understanding will serve as meeting that requirement. When appropriate, some demonstrations/discussions can be held away from the firing line. Each Cub Scout should do their best based on their physical abilities.

Requirements for ALL ranks

- 1) Identify and wear appropriate safety gear. (Lions and Tigers: with the help of their adult partner.)
- 2) Demonstrate the archery range safety rules and whistle commands. (Lions and Tigers will recite rules and commands with the help of their adult partner)
- 3) Demonstrate proper range commands. (Lions and Tigers: with the help of their adult partner. Additionally, Webelos and Arrow of Light will "Demonstrate proper range commands and explain them to an adult or to another Scout")
- 4) Identify the main parts of your shooting equipment and how to properly use them. (Lions and Tigers with the help of their adult partner)
- 5) Demonstrate proper stance and shooting techniques. (Lions and Tigers: with the help of their adult partner)
- 6) Shooting Requirements:

Lion	Shoot 2 arrows at target. Repeat and try to improve your score. A minimum of 4 arrows are shot.
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Tiger	Shoot 3 arrows at target. Repeat and try to improve your score. A minimum of 6 arrows are shot.
Wolf	Shoot 5 arrows at target. Repeat two times and try to improve your score. A minimum of 10 arrows are shot.
Bear	Shoot 5 arrows at a target. Repeat twice and do your best to improve your score each time. Shoot at least 15 arrows.
Webelos	Shoot 5 arrows at target. Repeat three times and try to improve your score. A minimum of 20 arrows are shot.
AOL	Shoot 5 arrows at target. Repeat 4 times and try to improve your score. A minimum of 25 arrows are shot.

Rangemaster Note: The arrows do not have to be shot in one session but may be spread across multiple sessions.

- 7) Demonstrate how to safely retrieve your arrows.
- 8) Discuss how to put away and properly store your archery shooting equipment after use.

Session 1 (45 minutes)

Preparation & materials needed

- Safety rules posters
- Appropriate safety equipment as specified in the National Shooting Sports Manual
- Appropriate archery equipment as specified in the National Shooting Sports Manual
- Archery targets
- Whistle

Topic: Gear & Safety

It is important that Cub Scouts learn the importance of safety rules while participating in range and target activities and the need for appropriate safety gear.

- Participants must wear age-appropriate arm guards and finger tabs when at the firing line.

To prepare the Cub Scouts for being on the shooting line, please do the following:

- Demonstrate how to properly wear the safety equipment. (Requirement 1)
- Explain the range safety rules and whistle commands. It is important that the Rangemaster gets feedback from the group to ensure complete understanding of the safety rules and range commands. Lions and Tigers will have assistance from their adult partner. (Requirement 2)
- Demonstrate proper range commands. Note: Webelos and Arrow Light have an added requirement to explain range commands to an adult or another Scout. (Requirement 3)

Move the group to the shooting line to do the following:

- Show and explain the main parts of the shooting equipment and how to properly use. (Requirement 4)
- Demonstrate proper stance and shooting techniques. (Requirement 5)
- Allow Cub Scouts to shoot for the remaining time in the session. (Requirement 7)

Requirements 1-5 should be complete after this session.

Note: This session is critical because it establishes the basis for range safety, understanding range commands and understanding whistle commands, but it is equally important that the Cub Scouts get to shoot before leaving the session.

Session 2 (45 minutes)

Preparation & materials needed

- Safety rules posters
- Appropriate safety equipment as specified in the National Shooting Sports Manual
- Appropriate archery equipment as specified in the National Shooting Sports Manual
- Archery targets
- Whistle

Topic: Range activity

Review the range safety rules, range commands and whistle commands. To engage with the Cub Scouts, ask them to explain the rules and range commands in their own words (rather than telling them).

- Cub Scouts shoot and attempt to complete requirement 6.
- Explain and demonstrate how to properly retrieve arrows. (Requirement 7)

Requirements 6-7 should be complete after this session.

Session 3 (45 minutes)

Preparation & materials needed

- Safety rules posters
- Appropriate safety equipment as specified in the National Shooting Sports Manual
- Appropriate archery equipment as specified in the National Shooting Sports Manual
- Archery targets
- Whistle
- Materials for designated archery game

Topic: Range activity

Review the range safety rules, range commands and whistle commands. To engage with the Cub Scouts, ask them to explain the rules and range commands in their own words (rather than telling them).

- Cub Scouts shoot and attempt to complete requirement 6.
- If requirement 6 was complete during the previous session, those Cub Scouts may play an approved archery game (sample games listed at the end of this document).
- Leave enough time in today's session to discuss how to put away and properly store archery shooting equipment after use. If feasible, Cub Scouts may assist with storing the archery equipment. (Requirement 8)

Requirement 8 should be complete after this session.

Session 4 (45 minutes)

Preparation & materials needed

- Safety rules posters
- Appropriate safety equipment as specified in the National Shooting Sports Manual
- Appropriate archery equipment as specified in the National Shooting Sports Manual
- Archery targets
- Whistle
- Materials for designated archery game

Topic: Range activity

Review the range safety rules, range commands and whistle commands. To engage with the Cub Scouts, ask them to explain the rules and range commands in their own words (rather than telling them).

- Cub Scouts shoot and attempt to complete requirement 6.
- If requirement 6 was complete during the previous session, those Cub Scouts may play an approved archery game (sample games listed at the end of this document).

Session 5 (45 minutes)

Preparation & materials needed

- Safety rules posters
- Appropriate safety equipment as specified in the National Shooting Sports Manual
- Appropriate archery equipment as specified in the National Shooting Sports Manual
- Archery targets
- Whistle
- Materials for designated archery game

Topic: Range activity

Review the range safety rules, range commands and whistle commands. To engage with the Cub Scouts, ask them to explain the rules and range commands in their own words (rather than telling them).

- Cub Scouts shoot and attempt to complete requirement 6.
- If requirement 6 was complete during the previous session, those Cub Scouts may play an approved archery game (sample games listed at the end of this document).

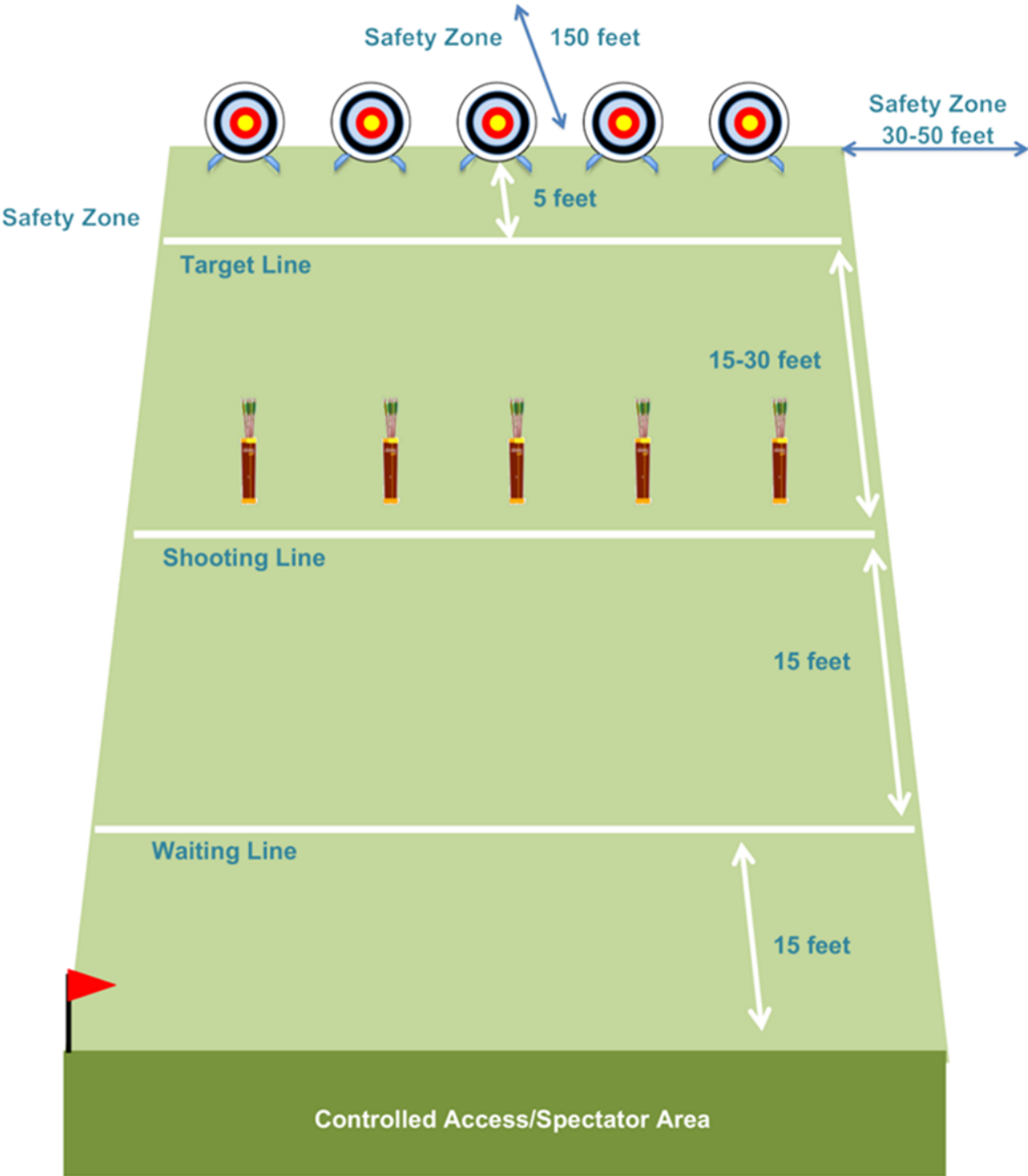
Range requirements

Archery range set-up

Archery activities must utilize an approved archery range.

- 1) Select the orientation of the range
 - a. Avoid shooting into the sun by facing North.
 - b. The ground should be flat and free of obstacles.
 - c. Look for a natural backstop such as a berm to stop arrows. If there is no berm, provide at least 150 yards of open area behind the targets.
 - d. The safety zone on the side should be 30-50 feet.
- 2) Place range and safety lines
 - a. Rope, eco-friendly spray paint or chalk are ways to lay down the range lines outdoors. Follow the guidelines illustrated in the *National Shooting Sports Manual*.
 - b. Shooting Line – The shooting line should be placed close enough to the target line to ensure archers have an opportunity to hit the target. This line can be moved back to greater distances as archers become more advanced. The shooting line is placed 15-30 feet from the target line.
 - c. Waiting Line – Shooters stand behind the waiting line before and after shooting their arrows. It is meant to act as a safety area between the class and the shooting line. The waiting line is placed 15 feet behind the shooting line.
OPTIONAL: Controlled Access/Spectator Line – Anyone who wants to watch participants shoot can gather behind this line. This line needs to be placed far enough behind the waiting line to prevent distraction from the spectators (at minimum 15 feet)
- 3) Set-up targets
 - a. Place targets in front of the natural berm. If a natural berm is not available, place targets in a wide-open space with a minimum safety zone of 150 feet behind the targets.
 - b. Evenly space targets in front of the berm. It is best to place the targets five feet, or two arrow lengths, from target-center to target-center. Evenly spaced targets allow for multiple people to shoot at the same target safely.
- 4) Place the equipment
 - Bows – The bow rack should be placed between the waiting line and the shooting line. Place all bows in the bow rack when not in use.
 - Ground Quivers – Ground quivers are evenly spaced apart on the shooting line. Two quivers per target are suggested.
 - Arrows – Place arrows in a secure location near the bow rack. Once the instructor/rangemaster is comfortable with an archer's skill level, arrows may be placed in each individual archer's ground quiver.

Outdoor Range Layout: Wide Open Space



Archery Range Rules and Commands

ARCHERY RANGE RULES

1. Always walk on the range
2. Keep your arrows in your quiver until you are told to shoot.
3. Only release the bow string when an arrow is nocked and safely pointed toward the target.
4. Leave dropped arrows on the ground until instructed to retrieve them.

If there is an emergency on the range, immediately tell the instructor.

KNOW THE PROPER WHISTLE CODES

TWO BLASTS = Move up to the line.

ONE BLAST = Fire the proper number of arrows.

THREE BLASTS = Cease firing. Move to the target. Retrieve and score arrows.

FIVE OR MORE WHISTLE BLASTS = Cease firing. Stay where you are. This is an EMERGENCY. Officials will tell the archers what action to take either verbally or by the whistle code.

Remember there is only ONE command to shoot – ONE blast of the whistle.

For any command of more than one blast, STOP shooting. Watch and listen for further instructions.

(From USAA Archery Certification Course – Level 1 manual. Used with permission.)

Sample range safety poster



GENERAL SHOOTING RANGE RULES

1. This range may be opened only by a qualified BSA-certified range master.
2. All commands issued by the range master must be obeyed immediately.
3. Stay behind the firing line. Do not straddle the firing line.
4. Do not pick up a gun, bow, arrow, or slingshot unless told to by the range master.
5. Absolutely no running on the range.
6. No horseplay or unnecessary talking on the range.
7. If in doubt about the rules, ask your leader or range master for advice or help.

Suggestions

Based on the format of your event, there might not be enough time in the program schedule to utilize 5 sessions to complete the Archery Adventure. You may also have dens with mixed ages and levels of knowledge and/or ability. There are times when a Cub Scout can attend only a few days of a day camp, so adjustments will need to be made.

Take the time to read the requirements, evaluate the number and the length of the sessions the event will have so you can determine what should be presented in the time allotted.

It is possible the adventure could be completed within 3 sessions or less depending on your event's program design:

- Length of each session
- Age of participants
- Experience level of the participants
- Number of participants in each den

Mixed-aged dens

When dealing with dens of mixed ages, consider moving the more experienced participants (the older Scouts who have attended a range activity previously) to the shooting line after the safety briefing to begin their course of fire. The less experienced Scouts can then spend time learning range commands, how to properly use safety equipment and archery equipment, and how to properly retrieve arrows from a target. This same method may be applied with larger groups. You may be required to recruit additional trained staff to maintain range supervision ratios.

Partial completion of the requirements

Depending on the type of event (i.e., one-day event) it is possible the adventure requirements may not be completed in their entirety. If this is the case, each participant should be given a list of the requirements completed so that they can bring it to the next council-sponsored event they attend.

Approved archery games

Tic Tac Toe

Place a Tic-Tac-Toe grid on a target back (You can use flip-chart paper to make the grid or put up nine separate sheets of paper in a 3x3 grid pattern.) Divide the group into two lines and have them stand in a single file 20 feet from the target. Each team will alternate their archers. Each archer will shoot one arrow and step back. The second and each succeeding archer will shoot one at a time. The first team to complete a horizontal, vertical, or diagonal row wins.

Wand Shooting

Place a strip of 1-inch masking tape over the target face from top to bottom. A point is scored when an arrow hits the tape anywhere on the target. Divide the group into two lines and have them stand in a single file, 20 feet from the target. At the signal to shoot, each archer will shoot one arrow and step back. The second and each succeeding archer will shoot one at a time. The first team to get two points is the winning team.

Balloon Bust

Place a variety of balloons on a target mat (they may be assorted sizes and colors), Divide the group into two lines and have them stand in a single file 20 feet from the target. At the signal to shoot, each archer will shoot one arrow and step back. The second and each succeeding archer will shoot one at a time. The first team to break a set number of balloons is the winning team. Note: be mindful of latex allergies. Ensure all balloon pieces are collected and thrown away.