

UTAH 4-H 

4-H Camps Archery Day



I Pledge

My **HEAD** to clearer thinking
My **HEART** to greater loyalty
My **HANDS** to larger service, and
My **HEALTH** to better living.

For my club, my community,
my country and my world.



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CAMP OVERVIEW

Name of Camp:

Archery Day Camp

Specified Project Area:

Shooting Sports

Number of Days of Camp:

One Day

Hours Camp Will Run Per Day:

5.5 Hours

Schedule Outline:

See Event Timeline to plan details of your event

30 min Registration and welcome games

30 min Icebreaker

90 min Safety Clinic

60 min Lunchbreak

90 min Target Practice

30 min Debrief and Pick-up

INTRODUCTION

Camp Description

This camp involves exploring archery as a sport. Attendees will learn safety and have a blast getting hands on experiences with a bow and arrow.

Camp Goal(s)

To have students understand safety and proper use of archery equipment. Students will also be able to know if archery is something that has “spark” for them.

Knowledge Learned and Skills Gained

Archery safety and proper use.

YOUTH COUNSELORS

- Must be at least 16 years old, with a minimum of 1 year experience in a Shooting Sports club, including a written recommendation from the SS club leader
- Counselors will have their own small group of approximately 5-6 campers. Because of this, counselors must model appropriate behaviors at all times. Any counselor that does not display appropriate behaviors will not be allowed to participate in the program
- Counselors are expected to teach their group in small group activities, and help manage all campers during large-group activities. They will help plan and execute icebreakers and non-firearm activities
- Be at the camp 30 minutes before camp starts to help set up.
- Stay after camp ends approximately 30 minutes or until camp is cleaned up.
- Have a positive attitude and help campers have a good time at the camps. If you are having fun, the campers will too.
- Use this form to plan responsibilities:

ADULT	YOUTH

CAMP CONTENT

DAY ONE

ICEBREAKER

Name of Icebreaker:

That's My Name

Supplies Needed:

Paper, Magic Markers or Crayons

How to Play:

1. Divide players into teams.
2. On "GO," the first player from each team runs to a table, grabs a magic marker, and writes his name on a piece of paper. He runs back to his team and holds up the paper.
3. His team then shouts out all the letters in his name, while the player jumps up for every consonant shouted, or squats for every vowel shouted.
4. Continue for every player. At the end have everyone say everyone's name.

ACTIVITY 1

Name of Activity:

Determining Eye Dominance

Objective:

For students to determine their eye dominance

Supplies Needed:

none

Time Allotted:

10 Minutes

How to Run the Activity:

- Find an object several feet away that campers can focus on.
- Follow instructions on [Eye Dominance sheet](#).

ACTIVITY 2

Name of Activity:

Archery Safety and How to Use

Objective:

For students to learn the importance of safety when using archery equipment. Also to learn the proper use of a bow and arrow.

Supplies Needed:

Qualified Instructor, bows, arrows, safety equipment, copies of handouts as needed

Time Allotted:

90 Minutes

How to Run the Activity:

- Teach parts of a bow and parts of an arrow
 - Copies can be made of the blank sheet and kids could fill them out as the large labels are placed on an actual bow and arrow
- Teach safety gear
 - Put both do and don't equipment in a large box or bag. Let students pick them out one at a time and discuss why that item is good or bad for safety. Students could take notes or color code the safety sheet with green and red crayons/pencils.
- Teach basic rules of safe archery shooting
 - Include 9 steps of shooting
 - Bow Stance Guide and Bow Hand Guide handouts may be helpful.
 - Play a pantomime game demonstrating correct and incorrect safety.

Suggested Debrief Questions:

- What about the safety rules made sense?
- What about the safety rules surprised you?
- What do you think is the most important rule?
- How do you feel about shooting a bow?

Lunch Brake:**Name of Activity:**

Bang or other activities decided on by youth leaders who will run them during the lunch break

Supplies Needed:

None

Time Allotted:

60 minutes to eat and play

How to Run the Activity:

All participants make a circle. One player is chosen to stand in the middle. He closes his eyes and spins while using an arm to point. When he stops, the person he is pointing to must try to duck out of the way before the players on his right and left are able to “shoot” him. If he ducks, the player on his right and left are out, otherwise the person that was pointed to is out. Play continues until there is one player left. He then becomes the center person.

ACTIVITY 3**Name of Activity:**

Archery Target Practice

Objective:

To give the participants the experience of shooting a bow at a target while practicing what was learned in the safety activity.

Supplies Needed:

Qualified Instructor, safety equipment, bows, arrows, targets as needed for activities chosen.

Time Allotted:

90 Minutes

How to Run the Activity:

Demonstrate and then allow students to practice shooting an arrow at a target following all safety rules.

- Start with the instructor and/or youth counselors demonstrating how to shoot at a target pointing out safety and proper stance as they are shown.
- Divide campers into groups and do a rotation through target activities. Choose those you think will work best for your size of group and ages of participants.
- Remember in 4-H we never shoot at targets that resemble people or animals.

Suggested Debrief Questions:

- How was it shooting at the target?
- What did you think about the safety rules?
- Did you like them?
- Were they restrictive?
- What would make hitting the target easier?
- Do you want to do this again?

ACTIVITY 4**Name of Activity:**

Debrief w/Historical Pictures

Objective:

To help campers feel belonging with a long-line of archers while camp leader can determine spark.

Supplies Needed:

Photos of Archers, History of Archery sheet

Time Allotted:

15 Minutes

How to Run the Activity:

- Using the history of archery text and photos, show students that archery has existed since ancient times. As they look at the pictures, have them point out differences and similarities they see in the archery gear.
- Have debrief discussion.

Suggested Debrief Questions:

Do you want to shoot a bow and arrow again? What did you like about it? What didn't you like about it? What would make it more fun? How important do you think practice is when it comes to shooting accurately?

