



SAFE Archery After-School Enrichment Course

FACT SHEET

Class Size:

- 🎯 Minimum of 6 students per course
- 🎯 Maximum 12 students for one teacher
- 🎯 Up to 20 students can be taught with the aid of a competent, trained adult assistant

Class Demographic:

- 🎯 The Level 1 Course is typically offered to students age seven (1st Grade) and older
- 🎯 Arm-strength and attention span are the major factors in qualifying a student
- 🎯 Classes are typically co-ed

Course Duration:

- 🎯 Standard course is 8 weeks
- 🎯 We normally don't offer make-up sessions for individual students
- 🎯 Make-up sessions for entire class can be added at teacher's discretion

Course Cost:

- 🎯 The cost to the student for an 8-session course is \$100
- 🎯 If the venue (e.g. school) charges a fee for use of the facilities, we typically raise the cost to \$125 per student, with 20% (\$25) per student going to the venue.



Course Topics Overview:

1. Archery Class Rules
2. Archery Safety
3. The History of Archery
4. Archery Range Rules
5. Choosing Left- or Right-Handed (The Dominant Eye Test)
6. Types of Bows, Parts of the Bow
7. Types of Arrows, Parts of the Arrow
8. How to String and Un-string a bow
9. Practice Shooting from 10, 20, 30 feet
10. Score Keeping
11. Applying Archery Concepts to Everyday Life
12. Archery Individual / Team Competition
13. Archery Themed Event (*final class, themes vary, instructor’s choice*)

SAFE Archery Class Activities

Discussions:

- Archery Safety
- Archery History
- Types of Bows
- Parts of the Bow
- Parts of the Arrow
- Equipment Accessories
- Equipment Care
- Archery Range Safety
- Archery Trivia

Practicing The Shot Sequence:

1. Stance and Posture
2. Nocking the Arrow
3. Set
4. Set-up
5. Draw / Load
6. Anchor
7. Transfer / Hold
8. Aim / Expand
9. Release
10. Follow-Through

Shooting Challenges:

- Stand on One Leg
- Crouching Shooting
- Switch Arms
- Moving Target
- Moving Archer
- Blind Bale
- Rapid shooting
- Shooting Around Obstacles
- Distance Shooting
- Shooting Amongst Distractions

Drills:

- Dominant Eye-test
- Warm-up Stretching
- Strength building w/ bands
- Twist bow-arm elbow
- Bow Let-down
- Stretch-band draw practice

Measuring Progress:

- Scorekeeping
- Scoring with Goals

Competitions:

- Last Archer Standing
- Team Shoot-off

Individual Class Themes:

Focus	Persistence	Balance	Awareness	Goal-Setting
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