

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

ARCHERY

INTELLECTUAL CORE

Version 2026.1



Aim and Listen

Practice the listen-and-stop rules archers use before any arrow flies.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Knows the four range commands and what each one means.
- Has held a stance and pulled a pretend string with the group.
- Has thrown three paper arrows at a target only on the leader's call.
- Can point at the grip, string, and limbs on a real bow.

📦 BRING / SET UP

- A real bow for the leader to hold and point at (unstrung, no arrows in the room)
- A whistle for the leader (a real range whistle if you have one)
- Rolled paper tubes — three per Junior Saint — to use as soft pretend arrows
- A paper target taped to a wall or a cardboard box, ten paces from the throwing line
- Cones or tape to mark the throwing line and the safe waiting line

FOR THE LEADER

This is a Junior Saints preview of the **Archery** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

AIM AND LISTEN (PAGE 1 OF 2)

THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one thing he has aimed at before. Examples: a basketball hoop, a paper target, a frisbee. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **The four range commands**

⌚ 10 min

1. Sit on the safe waiting line. The leader holds up the commands card.
2. Command 1: ARCHERS TO THE LINE — walk to the throwing line. No running.
3. Command 2: NOCK ARROWS — set up your shot. Bow points down at the ground.
4. Command 3: SHOOT — only now do you shoot.
5. Command 4: BOWS DOWN — stop. Put your bow on the ground.
6. Teaching point: a real archer does nothing until the call. Hear it, then move.

BLOCK 3 · SKILL PRACTICE **Stance and pretend bow**

⌚ 15 min

1. Stand sideways to the target. Feet a shoulder-width apart.
2. Pretend your left hand holds the bow. Hold it up at eye height.
3. Pretend your right hand pulls the string back. Pull to your chin.
4. Hold for two seconds. Look at the target the whole time.
5. Open your right hand slow. The string would let the arrow go.
6. Try it three more times. The leader counts each pull out loud.
7. Teaching point: the same shape every time. Same feet, same hands, same chin.

BLOCK 4 · PHYSICAL **Paper arrows on command**

⌚ 15 min

1. Each youth gets three paper-tube arrows. Stand on the waiting line.
2. The leader calls ARCHERS TO THE LINE. Walk to the throwing line.
3. The leader calls NOCK ARROWS. Hold one paper arrow at your side. Wait.
4. The leader calls SHOOT. Throw the paper arrow underhand at the target.
5. The leader calls BOWS DOWN. Stop. Wait on the line.
6. After all three rounds, the leader calls RETRIEVE. Walk and pick up your arrows.
7. Safety: never throw between calls. If you hear a stop, you stop.

AIM AND LISTEN (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · DISCUSSION **Parts of a real bow**

⌚ 10 min

1. Sit on the waiting line. The leader holds up a real bow. No arrows are out.
2. Point at the grip. That is where the hand holds.
3. Point at the string. The string pulls back and pushes the arrow.
4. Point at the limbs. Those are the bendy parts on top and bottom.
5. Each youth says one part out loud after the leader points.
6. Teaching point: an archer knows every part of his bow before he shoots it.

BLOCK 6 · REFLECTION **Close — Stop and cheer**

⌚ 5 min

1. Stand in a circle. Stretch your arms, back, and hands. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'My best command was ____.' Just one of the four.
4. Group cheer: 'Aim and listen!' Three times.
5. Homework: ask a parent if you can go to a real range one day. Tell them the four commands.

AT THE CLOSE · DEBRIEF

1. Which of the four commands was easiest to hear?
2. How many paper arrows did you throw at the target?
3. Which part of the real bow did you point at first?

☒ This is a Junior Saints preview session. No Archery BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.

Four Range Commands

Print and hold up while the youth learn the four calls. Keep one copy at the line.

ARCHERY · JUNIOR SAINTS CARD

Do nothing until the call.

A real archer hears the command, then moves. Four calls. Learn them in order.

1

Archers to the line

Walk to the throwing line. No running.
Stop at the line. Wait for the next call.

**2**

Nock arrows

Set up the shot. Bow points down at the ground.
Do not aim at the target yet.

**3**

Shoot

Only now do you shoot. Aim, hold, let go.
Shoot until your arrows are gone. Then stop.

**4**

Bows down

Stop. Put your bow on the ground.
Step back. Wait until the leader calls again.



Hear the call. Then move. That is the first rule of the line.