

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

RIFLE SHOOTING

INTELLECTUAL CORE

Version 2026.1



Wait for the Call

Practice the listen-and-stop rules a shooter uses before any shot is fired.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Knows the four range calls and what each one means.
- Has held a steady stance with a paper-tube rifle.
- Has thrown three beanbags at a target only on the call FIRE.
- Can point at the stock, barrel, and trigger on a real rifle held by the leader.

📦 BRING / SET UP

- A real rifle the leader holds up later (action open, no ammunition in the room — a training rifle or unloaded family rifle)
- A whistle for the leader
- Paper-towel tubes or rolled paper — one per Junior Saint — to use as pretend rifles
- Three soft beanbags per Junior Saint and a paper target taped to a wall or a cardboard box
- Cones or tape to mark the firing line and the safe waiting line ten paces back

FOR THE LEADER

This is a Junior Saints preview of the **Rifle Shooting** 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.

WAIT FOR THE CALL (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 and tried to hit. Examples: a paper target, a basketball hoop, a soccer goal, a bottle on a stump. The leader goes last. Keep each turn short.

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

⌚ 10 min

1. Sit on the safe waiting line. The leader holds up the calls card.
2. Call 1: SHOOTERS TO THE LINE — walk to the firing line. No running.
3. Call 2: LOAD — set up your shot. Rifle points down at the ground or down range.
4. Call 3: FIRE — only now do you shoot. Aim, hold, let go.
5. Call 4: RIFLES DOWN — stop. Set your rifle down. Step back.
6. Teaching point: a real shooter does nothing until the call. Hear it, then move.

BLOCK 3 · SKILL PRACTICE **Stance with a paper-tube rifle**

⌚ 12 min

1. Each youth gets a paper tube. That is his pretend rifle for this drill.
2. Stand with your feet shoulder-width apart. Left foot a half step forward.
3. Bring the tube up to your shoulder. Tuck it in snug. Both hands on the tube.
4. Sight down the tube at the target. Keep both eyes open.
5. Take a slow breath in. Let it half out. Hold still for two seconds.
6. Try it three more times. The leader counts each hold out loud.
7. Teaching point: same feet, same shoulders, same breath — every shot.

BLOCK 4 · PHYSICAL **Beanbags on the call**

⌚ 15 min

1. Each youth gets three beanbags. Stand on the safe waiting line.
2. The leader calls SHOOTERS TO THE LINE. Walk to the firing line.
3. The leader calls LOAD. Hold one beanbag at your side. Wait. Eyes on the target.
4. The leader calls FIRE. Throw the beanbag underhand at the target.
5. The leader calls RIFLES DOWN. Stop. Set your hand down. Step back.
6. After all three rounds, the leader calls RETRIEVE. Walk and pick up your beanbags.
7. Safety: never throw between calls. If you hear a stop, you stop right then.

WAIT FOR THE CALL (PAGE 2 OF 2)

THE HOUR — CONTINUED

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

⌚ 10 min

1. Sit on the waiting line. The leader holds up a real rifle. The action is open. There is no ammunition in the room.
2. Point at the stock. That is the wood or plastic part you hold against your shoulder.
3. Point at the barrel. That is the long tube the bullet would go down.
4. Point at the trigger. The finger only goes there at the call FIRE.
5. Each youth says one part out loud after the leader points.
6. Safety: never touch a real rifle without a grown-up next to you. Treat every rifle as if it is loaded.

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

⌚ 8 min

1. Stand in a circle. Roll your shoulders. Stretch your arms across your chest. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'My best call was ____.' Just one of the four.
4. Group cheer: 'Wait for the call!' Three times.
5. Homework: ask a parent if you can visit a real range one day. Tell him the four calls in order.

AT THE CLOSE · DEBRIEF

1. Which of the four calls was easiest to hear?
2. How many beanbags did you throw at the target?
3. Where on the real rifle did the leader point first?

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

HANDOUT 1 OF 1

FROM SESSION — THE FOUR RANGE CALLS

Four Range Calls

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

RIFLE SHOOTING · JUNIOR SAINTS CARD

Wait for the call.

A real shooter hears the call, then moves. Four calls. Learn them in order.

1

Shooters to the line

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



2

Load

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



3

Fire

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



4

Rifles down

Stop. Set your rifle down on the ground.
Step back. Wait for the leader to call again.



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

Print this handout for in-person reference during the session.