

JUNIOR SAINTS  
**ACTIVITY PLAN**  
AGES 7–11

## SHOTGUN SHOOTING

### INTELLECTUAL CORE

Version 2026.1



## Point Down, Wait for the Call

*Practice the stop-and-wait rules shooters use long 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 paper tube in a sideways stance and pointed it down between calls.
- Has tossed a beanbag at a rolling foam disc only on the call.
- Can point out three parts of a shotgun on a clear picture.

#### 📦 BRING / SET UP

- A whistle for the leader (a real range whistle if you have one) and a printed shotgun picture or diagram
- A rolled paper tube about two feet long for each Junior Saint (a wrapping-paper tube cut down works), wrapped at one end with bright tape
- Three small beanbags per Junior Saint and a soft foam disc or pool noodle slice the leader can roll across the floor
- Tape or cones to mark the shooting line and the safe waiting line, set ten feet apart
- Eye and ear protection samples (safety glasses, foam earplugs) to pass around

#### FOR THE LEADER

This is a Junior Saints preview of the **Shotgun Shooting** badge. No advancement credit is earned here — the goal is to introduce

## POINT DOWN, 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 rule he follows at home. Examples: helmet on the bike, hands washed before dinner, life jacket in the boat. 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 UP — stand up. Walk to the shooting line. No running.
3. Call 2: READY — face the target. Hold your tube. The tube points down at the floor.
4. Call 3: BANG — only now do you make the BANG sound or toss the beanbag.
5. Call 4: STOP — stop. Tube down at the floor. Step back to the waiting line.
6. Teaching point: a real shooter does nothing until the call. Hear it, then move.

## BLOCK 3 · SKILL PRACTICE Stance and paper tube

⌚ 12 min

1. Each youth gets one paper tube. Stand on the waiting line.
2. Stand sideways to the wall. Feet a shoulder-width apart.
3. Hold the tube with two hands. Tuck the back end against your shoulder.
4. Point the bright-tape end down at the floor. Always.
5. Look at the wall where the target would be. Do not look at the youth next to you.
6. Safety rule: point the tube at the floor when you are not on the call. Every time.
7. Teaching point: same shape every time. Same feet, same hands, same point.

## BLOCK 4 · PHYSICAL Beanbag on the call

⌚ 15 min

1. Each youth gets three beanbags. Set your paper tube on the waiting line for now.
2. The leader rolls the foam disc slowly across the floor near the far wall.
3. The leader calls SHOOTERS UP. Walk to the shooting line. Hold a beanbag at your side.
4. The leader calls READY. Face the disc. Beanbag at your side.
5. The leader calls BANG. Toss one beanbag underhand at the disc. Just one.
6. The leader calls STOP. Stop. Step back to the waiting line. Wait.
7. Run all three rounds the same way. Pick up the beanbags only on the leader's call.

## POINT DOWN, WAIT FOR THE CALL (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 5 · DISCUSSION **Parts of a shotgun, eyes and ears**

⌚ 10 min

1. Sit on the waiting line. The leader holds up a clear picture of a shotgun.
2. Point at the stock. That is the wide back end that fits against the shoulder.
3. Point at the barrel. That is the long tube the shot comes out of.
4. Point at the trigger. That is the small lever inside the guard.
5. Pass around the safety glasses and the foam earplugs. Each youth tries one on.
6. Eyes and ears are part of the gear. A real shooter wears both every time.
7. Teaching point: a shooter knows every part before he ever holds a shotgun.

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

⌚ 8 min

1. Stand in a circle. Stretch your shoulders, arms, and hands. 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: 'Point down, wait for the call!' Three times.
5. Homework: ask a parent if there are firearms at your house and what the rules are. Tell him: never touch, never alone, tell a grown-up.

## AT THE CLOSE · DEBRIEF

1. Which of the four calls was easiest to hear?
2. Where did you point the paper tube when you were not on the call?
3. How many beanbags did you toss at the disc?

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

# Four Range Calls

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

## SHOTGUN · JUNIOR SAINTS CARD

### Point down. Wait for the call.

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

**1**

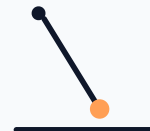
#### Shooters up

Stand up. Walk to the shooting line. No running.  
Stop at the line. Wait for the next call.

**2**

#### Ready

Face the target. Hold your tube with two hands.  
Point the bright end down at the floor.

**3**

#### Bang

Only now do you say BANG or toss the beanbag.  
One try. Then hold and wait for the next call.

**4**

#### Stop

Stop. Point the tube down at the floor.  
Step back to the waiting line. Wait.



Hear the call. Point down between calls. That is the first rule of the line.