Cadette Archery Activity Plan

**Badge Purpose:** When you’ve earned this badge, you’ll know how to take aim outdoors with your archery skills.

**Activity Plan Length:** This plan will be completed at your own pace.

<table>
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<th>Activity</th>
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| Get to know archery equipment  
  - Learn about bows, arrows, and equipment maintenance and care | ☐ Computer or phone with Internet access |
| Safety first!  
  - Learn about archery safety  
  - Practice archery skills before you go on a range | ☐ Proper archery attire |
| Archery expert  
  - Learn about Olympic archery scoring and champions | ☐ Computer or phone with Internet access |
| Shoot on an archery range  
  - Practice shooting on a range and create an archery challenge | ☐ Proper archery attire |

**Getting Started**

Let your troop leader, parent, or other adult know that you’ll need to shoot using a bow and arrow at an archery range to earn this badge. Find out where you can shoot archery such as a local range or recreational facility, Girl Scout camp or a council event.

**Activity #1: Get to know archery equipment**

**Badge Connection:** Step 1 – Get to know archery equipment  
**Materials Needed:** Computer or phone with Internet access

1. Identify these bows. Use the Internet to research each type and note three interesting facts about each below.

2. Research types of arrows proper arrow length for you
3. Know the parts of a Recurve Bow and the parts of an arrow

4. Learn about Archery equipment maintenance and care – and know what parts of that process you will be responsible for when you shoot at an archery range

**Activity #2: Safety first!**

Badge Connection: Step 2 – Learn about archery safety, Step 3 – Practice archery before you go on a range

Materials Needed: Proper archery attire

Prep Needed:

- For this step, you'll need to take an archery class, so do some research to find a location near you and plan how you will pay for it.

1. Review these archery safety tips:
   
   a. Always check bow and arrows for signs of damage (cracks, splintering, string wear etc.) before shooting
   b. Never point a bow at anyone (even if there isn’t an arrow). This helps create proper shooting habits.
   c. As you nock your arrow, keep it aimed toward the ground
   d. Never “dry fire” your bow – pulling and releasing the string without an arrow
   e. Listen carefully to all commands given by the instructor
   f. Walk to retrieve arrows
   g. If you drop anything in front of the shooting line, do not retrieve it until the command has been given for everyone to stop shooting
   h. Know the commands (whistles and voice commands) for shooting and retrieving at the range
   i. Know range rules
   j. Know proper shooting form

2. Be sure to wear proper archery attire

   a. Tie long hair back
   b. Wear comfortably fitting clothing (but not loose)
   c. Wear safety gear: chest protector and arm guard
   d. Wear closed-toe shoes
   e. Remove all jewelry

3. Take an introduction to archery workshop at a range or Girl Scout Camp

**Activity #3: Archery Expert**

Badge Connection: Step 1 – Get to know archery equipment

Materials Needed: Computer or phone with Internet access

1. Learn about scoring in Olympic archery. This website is a good place to start: 

2. Choose a famous archer to learn about. You can choose an Olympic athlete or someone local. (Korea’s Olympic women’s team is undefeated in the Olympic team contest!) https://worldarchery.org/athletes Share your findings with your troop, a friend, or family member!
Activity #4: Shoot on an archery range

Badge Connection: Step 4 – Shoot on an archery range, Step 5 – Create an archery challenge

Materials Needed: Proper archery attire

1. Shoot on an archery range.
2. When you feel confident shooting for fun, create an archery challenge for yourself, a group of friends, or younger Girl Scouts. You can change up the scoring, create teams, or special scoring rounds – just make sure to continue to follow all safety rules!

More to Explore

- Field Trip Ideas:
  - A sporting goods store that sells archery equipment
  - Watch an archery competition
- Speaker Ideas:
  - Professional or avid archer
  - Archery range owner or youth program director