

Materials Needed:

- Appropriate size bow (Recurve or Genesis recommended for beginners)
 - 3-5 Arrows with target points
 - Target (Foam or bag target)
 - Armguard
 - Finger tab or shooting glove
 - Safety glasses (optional but recommended)
 - Clear, safe shooting space (minimum 15-20 yards long, with a safe backstop)
 - Whistle (for commands if needed)
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Introduction: Welcome, Future Archer!

Have you ever imagined being like Robin Hood or Katniss Everdeen, hitting a bullseye with amazing accuracy? Today, we're starting our archery adventure! Archery is a fantastic sport that helps build focus, patience, and hand-eye coordination. Most importantly, it's super fun! But before we shoot our first arrow, we **MUST** learn about safety.

Safety First, Always!

Archery is safe when we follow the rules. These are the most important ones:

1. **Only point the bow and arrow in a safe direction (towards the target).** Never point it at a person or animal.
2. **Only nock (put the arrow on the string) when you are at the shooting line and ready to shoot at the target.**
3. **Always check your equipment (bow, string, arrows) for damage before shooting.**
4. **Make sure the area behind and around the target is clear.** Know what's beyond your target.
5. **Never 'dry fire' the bow (pulling the string back and releasing without an arrow).** This can damage the bow and hurt someone.
6. **Wear your safety gear:** Armguard protects your forearm, and a finger tab/glove protects your fingers.
7. **Walk, don't run, to get your arrows.** Only retrieve arrows when everyone is finished shooting and it's safe.

Ready, Set, Stance!

Your stance is your foundation. Let's learn the proper way to stand:

- Stand sideways to the target, with your feet shoulder-width apart.
- Imagine a line from the target going through the middle of your feet.
- Keep your body straight and relaxed.
- The arm holding the bow (bow arm) should be straight but not locked.

Steps to Shooting:

Follow these steps carefully:

1. **Stance:** Get into your proper stance.
2. **Nock Arrow:** Place the arrow onto the bowstring, usually between nocking points or using an arrow rest. The odd-colored feather/vane (index fletching) should point away from the bow.
3. **Set Draw Hand:** Place three fingers (index, middle, ring) on the string under the arrow nock.
4. **Set Bow Hand:** Grip the bow handle firmly but relaxed.
5. **Pre-Draw:** Raise your bow arm towards the target.
6. **Draw:** Pull the string back smoothly towards your face, using your back muscles. Anchor your draw hand consistently to the same spot (like the corner of your mouth or under your chin).
7. **Aim:** Align the arrow point or sight pin with the target. Focus!
8. **Release:** Relax your drawing fingers and let the string slip away smoothly.
9. **Follow Through:** Keep your bow arm up and drawing hand back until the arrow hits the target.

Practice Time!

Let's practice! Start close to the target (maybe 5-10 yards).

- **Focus on Form:** Don't worry about hitting the bullseye yet. Focus on doing each step correctly and safely.
- **Consistency is Key:** Try to do everything the same way for each shot.
- **Safety Commands:** Practice listening for commands like "Commence Firing" and "Cease Firing/Retrieve Arrows".
- **Challenge:** Once comfortable, try aiming for different colored rings on the target.

Cool Down & Review

Great job today! Let's carefully put away our equipment.

- What was the most important safety rule we learned?
- What part of the shooting process felt easiest? What felt trickiest?
- How did you use focus today?

Remember, practice makes progress. Keep practicing your stance and steps, always focusing on safety first. You're on your way to becoming a great archer!