
PARALYMPIC SPORT IN THE PHYSICAL EDUCATION PROGRAMME

Archery



BACKGROUND

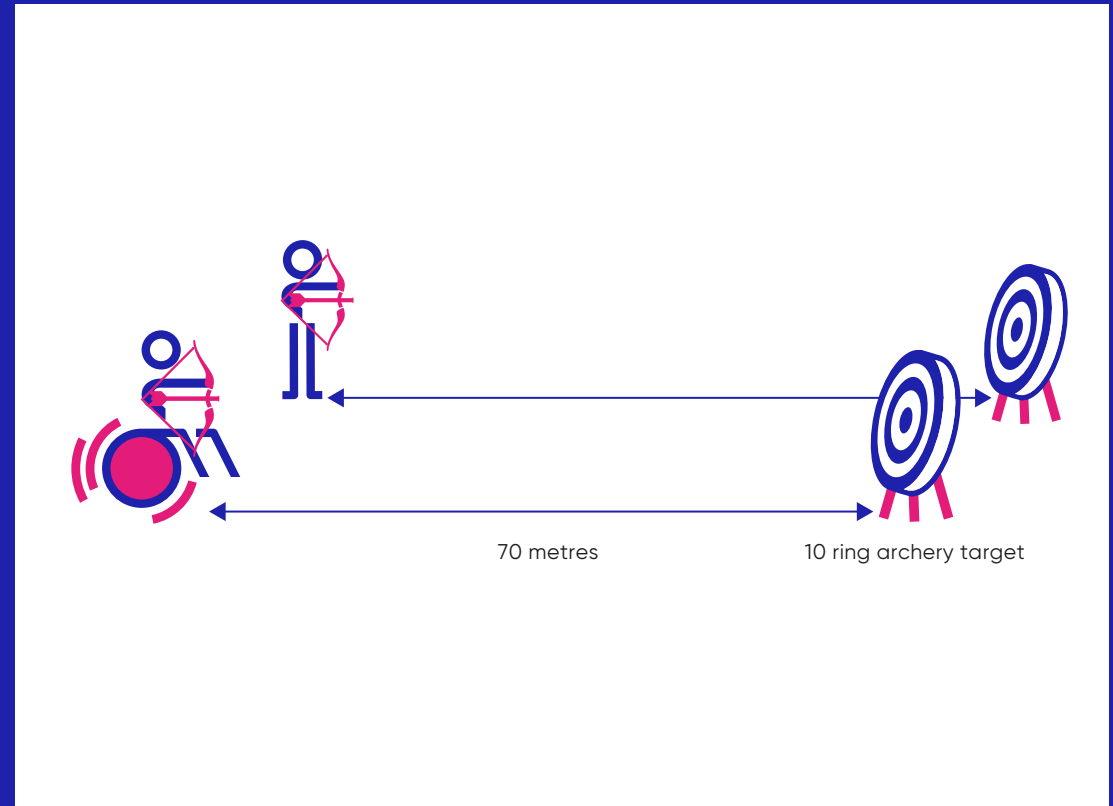
- Archery has been part of Paralympic sport programme since Rome in 1960. It was the first competitive sport contested at Stoke Mandeville in 1948, the acknowledged birthplace of the Paralympics.

WHAT YOU NEED

- Para archers compete using compound and recurve bows, depending on the category.
- Approved assistive devices can be used in competition.
- Targets are standard 10-ring used in most archery competitions.
- Beginners and recreational archers can use 'soft archery' equipment with lightweight, easy-to-handle bows and suction cup tipped arrows.

HOW TO PLAY

- Paralympic archery is open to athletes who have physical impairments.
- There are two classes – **Open** and **W1** – based upon functional ability for archery, and competitors stand or are seated depending on their classification.
- Most para archers shoot from the Olympic distance of 70 metres.
- Points increase in value the closer archers get their arrows to the centre of the target. A hit in the outermost zone is worth 1 point while a hit in the centre, the 'gold', is worth 10 points.
- In Paralympic competition, competitors shoot 72 arrows to be ranked for the elimination rounds where they shoot head-to-head against one opponent. In the elimination rounds archers fire 15 arrows each, taking turns for each shot.
- Para archers can use assistive devices, such as body supports. Many develop specific techniques based on ability.



THINK ABOUT

The best way for you to hold the bow (you may have to adapt); and the best position from which to shoot – standing or sitting.

Use the STEP adaptation tool to ensure that players of all abilities can participate in school using soft archery equipment.

SPACE

- Increase or decrease the distance to targets. Start close to the target and move further away as you improve.
- Use larger targets that are easier to hit (for example, a large hoop taped to the wall).

TASK

- Practise shooting from different positions – standing or seated.
- Wheelchair users can decide the best way to angle their chair and whether to remove the chair arms.

EQUIPMENT

- Soft archery equipment
- As an alternative, or an introduction, throw bean bags at a vertical or wall target; for example, hoops taped to the wall or paper shapes.

PEOPLE

- A partner or assistant can provide guidance for vision impaired students by giving directional/correctional instructions.
- Older students can assist younger peers.
- Play in teams, taking turns to shoot and adding individual scores together to give a **total team score**.



CROSS-CURRICULAR IDEAS

HISTORY

Students can look at:

- archery as a Paralympic sport, its origins and development;
- archery throughout human history.

SCIENCE/MECHANICS

Modern archery uses sophisticated equipment. Students can explore the different materials used in the construction of bows (and arrows), perhaps comparing these to those used in previous centuries and locations.

CULTURAL STUDIES

The development of archery has influenced the ways a wide range of cultures have survived and evolved. Archery has helped human beings to hunt, and, in conflict. For example:

- archery in indigenous communities;
- its importance in English history.



SAFETY

- Ensure that the target area/range is completely clear before any bows/arrows are used.
- All participants must be **behind** the shooting line. For example, shoot from the middle of the activity area towards a far wall.
- Adopt a safety call system. No-one enters the target area until the teacher/activity leader calls "**Clear!**".