Bow and Arrow

Overview

This activity involves making a bow and arrow with sticks and string, and supports responsible decision making.



Activities

To make a bow you will need one strong, flexible stick (willow is great for this).
Tie string on one end, then lean the end on the ground. Apply pressure so the stick bows and tie the other end of the string to the top of your bow. The flex in the stick creates the ten-sion on the string.
Find a shorter stick arrow for the bow.

Equipment

- Sticks of various lengths
- String
- A target to aim at, for example a tarpaulin with a target on it or a balloon to pop.

Safety Tips

Agree clear and simple rules with children in terms of carrying, space, and where to aim the arrows.
A bow licence; for example a sticker, acts as an agreement; no licence, no bow.
Create a store for future use.

Learning Outcomes

Safe use of weapons supporting role play, recapitulative play, social play and symbolic play (Hughes, 1996).
Learning to be responsible for yourself and others and communication skills.

Progression in Learning

- Risk management.
- Links to related stories.
- Learning the difference between play resources and tools.