



Rifle Shooting



About the activity

Shooting our lightweight air rifles tests individual skill and requires high levels of concentration and physical control. Children need to control their breathing, keep a steady hand, concentrate hard and focus on accuracy. Do all this, and there's a good chance of being rewarded with the success of a good score!

Activity aims

The aim of this activity is to:

- Have fun.
- Show and develop skills in shooting.
- Feel competent in the names of parts of the rifle.
- Promote a positive attitude towards rifle shooting.

Progression opportunities

Some participants may also:

- Use smaller target.
- Use different targets.
- Learn about breathing techniques.

In addition, participants should also have developed in the following:

- Decision-making skills
- Hand-eye coordination.

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Learnt how to shoot with control and accuracy.
- Developed an understanding of associated hazards.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety

e.g. rules, risk assessment, safety area, shooting line, listening, boundaries, personal protective equipment.

Words relevant to equipment

e.g. pellet, clamp, barrel, sights, target, goggles, butt, trigger, safety, cock, load, pellet catcher.

Words relevant to the activity

e.g. stop, shoot, accuracy, groupings, ricochet, aiming off, eye dominance, range, technique.

Words relevant to teamwork

e.g. achievement, communication, encouragement, listening, participation, review, support, trust, tactics.