



# PROJECT RIMAYA

Archery has a long history with Islam, and the modern sport is helping women and girls to feel inspired and united. Project Rimaya (the Arabic word for archery) was developed by Archery GB, with funding from SportsAid, to support Muslim girls' self-worth, health, and opportunities to access a sport that is significant to them. The project began in 2018 when it was launched in several schools in Birmingham and Coventry.

As well as increasing the number of young Muslim people taking up archery, the project has trained adult volunteers from the local community as instructors and coaches so they can broaden the opportunities to pick up a bow.

There are now Project Rimaya hubs across the UK, from Barking to Sheffield.

*"Let's face it, archery is cool. What's cooler is being awakened to the link you have to it. Project Rimaya is helping to bring light to this fact. I love what it is doing for our community, and I hope it goes from strength to strength."*

**ABDA SHAHEEN, NINESTILES ACADEMY**

For more information head to our websites, or email [enquiries@archerygb.org](mailto:enquiries@archerygb.org)

## FIND ARCHERY NEAR YOU



CLUBS



INSTRUCTOR  
AWARD



# ARCHERY IN SCHOOLS

## KEEP UP WITH ARCHERY GB

[www.archerygb.org](http://www.archerygb.org)  
[www.startarchery.co.uk](http://www.startarchery.co.uk)

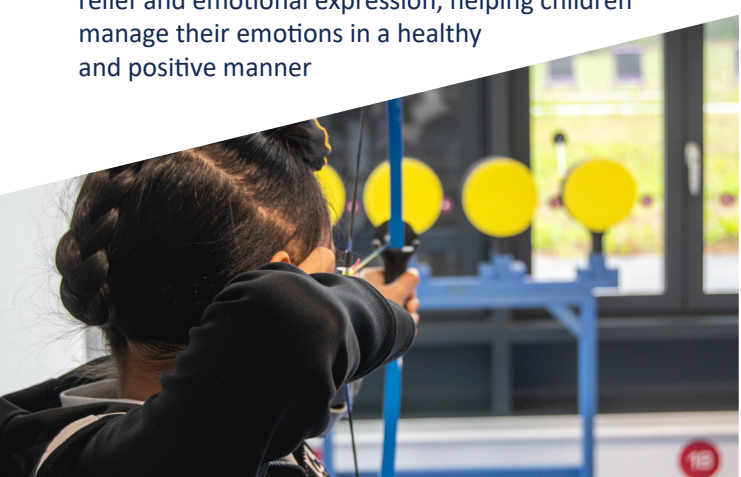




# HOLISTIC BENEFITS

*Are you looking for a holistic way to enrich your students' learning experience across the curriculum? Archery isn't just a sport, it's a gateway to a multitude of benefits that foster physical, mental, and emotional growth in children.*

- ▶ Drawing a bow engages major muscle groups, promoting strength, stamina, and balance
- ▶ Students can improve their posture and develop better hand-eye coordination – fundamental skills throughout life
- ▶ Archery requires focus, patience, and discipline – key skills for personal growth
- ▶ Learning to control breathing and developing precision encourages mindfulness
- ▶ Success in archery builds confidence and self-esteem
- ▶ Hitting the target and progressing allows students to experience a sense of accomplishment, motivating them to set and achieve goals
- ▶ Letting an arrow fly is a constructive outlet for stress relief and emotional expression, helping children manage their emotions in a healthy and positive manner



# ARCHERY & THE CURRICULUM

Soft archery is the perfect way to introduce archery safely and easily to a primary school setting. Archery GB has partnered with **Clickers Archery** to develop Arrows, a soft archery programme designed to engage younger children. For older children, they can progress through to “pointy” archery, using proper bows and pointed arrows.

Children will develop strength, balance, coordination, and mental focus. It can bring history lessons to life, add interactivity to maths, and offer the chance to try an Olympic and Paralympic sport.

Introducing archery into your curriculum opens doors for interdisciplinary learning opportunities. From exploring the physics of projectile motion to delving into the history of archery across civilisations and religions, students can engage in enriching cross-curricular activities that deepen their understanding of various subjects.

Arrows kits come with teacher resources and can be purchased from **Clickers Archery**, as well as from school equipment suppliers.



As part of the **School Games** programme, archery provides more competitive opportunities for young people. The sport has developed competition formats for both intra- and inter-school competition at primary and secondary levels.

**School Games** have a number of fun target challenges that help develop accuracy and distance, plus guides on how to run an archery competition at your school.



## SEND



*A beautiful aspect of archery is its inclusivity.*

It's a sport that welcomes students of all abilities and backgrounds. Whether a child is athletically inclined or not, archery offers a level playing field where everyone can participate and excel. It fosters a sense of camaraderie and teamwork, promoting social skills and empathy among students.

*As one of the original Paralympic sports, archery is proud to be open to everyone.*

It is one of the few sports where disabled and non-disabled children can compete on a level playing field. Bows can be shot sitting or standing, while tactile equipment allows blind and visually-impaired children to take part.