

ARCHERY

Sixth Grade Camp – Rahr Memorial School Forest

ENDURING UNDERSTANDING

Archery is fun, safe and can be enjoyed by all.

ASSESSMENT

Students will demonstrate the appropriate skills to participate in archery safely.

WISCONSIN'S MODEL ACADEMIC STANDARDS

Physical Education: A.8.3, B.8.4, D.8.3, F.8.3

LESSON PLAN OUTLINE

Introduction to International Style Archery and Safety
Instructor Demonstration
Student Participation
Conclusion and Clean-Up

MATERIALS

** most materials are stored in the shed at the range. The bows are stored in the Green Cabin basement. Please return all materials to where they belong (no one will double check this before the next teacher wants to teach archery).

Whistle

Targets

Back Curtain

Target Stands

Quivers

Bows

Arrows

Bow Rack

Yellow Equipment Box

Optional:

Colored Pencils

String Bow

Balloons

Index Cards

Roofing Nails

60" Sting Bow Material for students

LESSON PLAN

1. As part of lesson introduction, go over 3 main safety issues:
 - If instructor ever blows 5 blasts on the whistle it means there's an emergency on the range. Students should stop shooting immediately, place arrows back in quiver, walk back and place bow on rack and walk behind waiting line for further instructions.
 - Point out the waiting line. All feet are behind the line before going on.
 - The only safe way to shoot a bow is when it is pointed down range at a target, with an arrow in the bow. Shooting the bow without an arrow is called a dry-fire, and will damage the bow and can hurt the student. We need to take care of the equipment so everyone can enjoy it.
2. Teacher Demonstration: Advance to the Shooting Line
 - Explain and demonstrate 2 whistles "Go to the Shooting Line"

- Explain left and right handed bows, and gap that indicates ease of pull
 - Move off waiting line, get a bow, walk to the shooting line; demonstrate straddling shooting line and placing bow on target side toes
 - Explain and demonstrate 1 whistle “Range is Open/Begin Shooting”
 - Grab arrow, moving it over the top of the bow while explaining the placement of the odd colored feather and the nock; click the arrow onto string
 - Explain: arrow rest and scout, 3 finger hand sign (students demonstrate), placement of fingers below arrow.
 - Explain and demonstrate drawing and anchoring bow with index finger at corner of smile, aiming, release and follow-through (painting the face)
 - Attempt to load arrow, drop it, explain safety rules to leave arrow lay and another will be rewarded
 - Explain what to do when finished shooting: return bow and match bow number to rack, then move behind waiting line
3. Advancing Students to Shooting Line with 2 whistle blasts
 4. First Shot Supervision – be sure each student is following correct procedures
 5. Advancing to Target to Retrieve Arrows
 - Explain and demonstrate 3 whistles “Go Get Arrows.” Student will walk to target line and wait for instructions. Leave dropped arrows on the range to be picked up while walking back
 - Explain and demonstrate blocking target with knee, making L with hand, move from top down, grab arrow close to target, look back toward target line
 - Pull arrow out of target and place on floor
 - When finished, grab arrows off the ground holding the tips in one hand and also just below the feathers; walk back to quiver for arrows then waiting line
 - Check behind the curtain

OPTIONAL ACTIVITIES (Part 2)

1. Mini-Tournament
2. Balloon Shoot
3. Battleship (Index Cards)
4. String Bow