





Physical Education Lesson

Grade: 9 (20 students)

Unit: Archery (Intro: Day One)

Date: February 27, 2014

General Outcomes												
	Gain Knowledge		Hand-Eye Coordination			Importance of Safety				Have Fun		
Specific Outcomes												
	Basic Skills	Application of Basic Skills	Execute Proper Form	Successfully Hit Target	Develop Consistency	Adhere to Rules and Safety Contract	Fair Play	Respect for the Shooter	Teamwork	Effort	Apply Previously Learned Skills to a New Activity	Encourage Active Living In the Community

Learning Objectives:

Gain Knowledge:

- Be able to execute the beginner “square stance”, with feet straddling the shooting line, feet parallel, and body facing the target.
- Learn how to hold the bow in the “handshake” position, in the opposite hand of your dominant eye.
- Learn how to draw the bow, aim, release, and follow through.

Develop Hand-Eye Coordination:

- Students are able to accurately hit the target using proper technique.
- Students show patience and use archery skills to improve hand-eye coordination.
- Students improve consistency throughout the course of the unit.

Understand the Importance of Safety:

- Students adhere to and value the importance of safety in this sport.
- Students demonstrate patience as their classmates take turns shooting, and learn from watching others as well.
- Students respect the individual who is shooting, giving them space by standing behind the safety line, as well as providing classmates with encouragement.
- Students work together to accomplish a task in the tic-tac-toe team challenge.

Have Fun:

- Every student puts in their full effort in order to do their absolute best.
- Students apply previously learned skills to the new sport.
- Students gain an appreciation for the sport and take away important values for living an active life.

Introduction/Warm Up (20 mins):

- Go over safety and rules (as listed in safety considerations), and have students sign a safety contract.
- Teach students terminology, parts of the bow and arrow, and scoring system.
- Teach students proper technique, form, and body positioning.

Warm Up:

- Students warm up their bodies by doing two laps around the gym and 10 jumping jacks.
- Then, stretch out arms and shoulders with exercise bands to prepare for archery.

Assessment/Evaluation/ Comments:

Qualitative Assessment:

- Students are actively participating in the activity.
- Students understand and can demonstrate proper form.
- Students are showing improvements in hitting the target with some accuracy.
- Students understand and adhere to safety rules.
- Students work as a team to complete the tic-tac-toe challenge.

Student Self-Evaluation:

- At the end of class, students fill out a self-evaluation describing their strengths, areas to work on, how well they worked within their group, and something they would like to do or learn in this unit.

There is no formal grade assigned to this lesson, as it is the introductory class to the archery unit.

There is one student in this class who has a disability and is in a wheelchair; however, he will still be able to fully participate in this lesson using his arms.

Learning Activities/Teaching Strategies (30 mins):

Practice Target Shooting:

- Divide class of 20 students into five groups of four students.
- Each group is lined up behind the safety line of one of the five targets.
- In groups, each student gets a chance to practice shooting at the target one at a time.
- Each student gets to shoot 6 arrows as they cycle through the line. Each student should get about 2-3 turns.
- Teacher corrects any technical errors and makes sure each group is on task and adhering to safety rules.
- After each set of students is finished shooting, the teacher will indicate when it is safe for those students to go and retrieve their arrows to pass to the next shooter.

Archery Tic-Tac-Toe:

- Students stay in their groups of four and play as a team.
- A tic-tac-toe board is placed on each target.
- Students get to shoot five arrows in a row on each turn and try to get three arrows in a row horizontally, vertically, or diagonally.
- Students shoot one at a time, cycling through the line and adhering to safety rules.
- The team scores a point every time someone in their group gets three arrows in a row.

Closure/Cool Down (10 mins)

- Students clean up equipment and give the teacher any damaged equipment.
- Cool down includes stretching with exercise bands.
- Students fill out a self-evaluation describing their experience in the first archery class and any things they would be interested in learning in this unit.

Equipment	Safety Considerations
<ul style="list-style-type: none">- Participating in the gymnasium- Shooting line made of cones (15m from target)- Safety line made of cones (20m from target)- Bows (1 per group)- Arrows (6 per group)- 5 Targets- Arm guards for each student- Wall net behind the targets	<ul style="list-style-type: none">- Safety is essential when working with bows and arrows.- In order to participate in this activity, all students must sign a safety contract.- Students who are not shooting need to stand behind the shooter, in a single file line in the area behind the safety line.- Students may only retrieve their arrows once everyone has finished shooting and the teacher indicates it is safe to do so.- Students must only aim their bow and arrow at the target and not anywhere else.

References

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