Archery

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 2**
Length: **2 weeks**
Status: **Published**

Standards

P.1	Acting as responsible and contributing member of society
P.2	Building and maintaining healthy relationships
P.3	Communicating clearly and effectively (verbal and nonverbal)
P.7	Making decisions
P.8	Managing-self
P.9	Setting goals
P.10	Using technology tools responsibly

Enduring Understandings

1. Balance and coordination are key components in archery which allow the body's senses to work together towards a common goal.

HE.9-12.2.2.12.MSC *- Movement Skills and Concepts - [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).*

2. Fine motor skills are just important as gross motor skills in the sport of archery.

HE.9-12.2.2.12.MSC *- Movement Skills and Concepts - [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).*

3. Safety awareness, precautions, social interaction, and etiquette are vital components to be successful in archery.

HE.9-12.2.3.12.PS *- Personal Safety - [Core Idea] - Consideration of the short- and long-term impact of decisions can assist individuals in determining whether a choice is likely to result in healthy or unhealthy consequences.*

4. Archery can be considered a lifelong activity that people of any fitness level can be successful at with practice.

HE.9-12.2.2.12.MSC *- Movement Skills and Concepts - [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).*

5. Archery equally engages people in the mental and physical challenge of learning fine motor skills.

*H**E.9-12.2.2.12.MSC** - Movement Skills and Concepts - [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).*

Essential Questions

1. What are the specific fine motor skills involved in archery?

2. How do balance and coordination affect the shooter's accuracy?

3. Why is archery a lifelong sport?

4. How will improving fine and gross motor skills improve one's fitness levels?

5. What are proper techniques and strategies for archery?

Knowledge and Skills

Performance expectations are

- Learn proper safety precautions when using archery equipment and proper archery terminology for knowledge, confidence to participate long term is so desired **HE.9-12.2.2.12.LF.2**
- Learn and practice proper lower and upper body positioning; collaborate with peers to help improve techniques **HE.9-12.2.2.12.LF.**4
- Learn and practice proper knocking and firing techniques **HE.9-12.2.2.12.PF.2**
- Practice proper scoring in accuracy and tournament competitions **HE.9-12.2.2.12.LF.4**

Transfer Goals

1. Students will be able to independently participate in a lifelong activity.

2. Students will be able to independently rely on healthy outlets, for stress, anger, and anxiety, for our students

3. Students will be able to use technology to assess technique and improve performance.

Resources

National Archery in the Schools Program: Guide to teaching Archery in Class.

- https://www.naspschools.org/

Archery GB - Benefits of Archery in PE

- https://archerygb.org/about/benefits-of-archery#:~:text=Archery%20builds%20strength&text=As%20you%20draw%20you%20will,workout%20on%20the%20range%2C%20though.

Start Archery - Examples of additional ways to utilize archery in class

- https://startarchery.co.uk/start-my-journey/archery-in-schools/teachers-guide

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit