

Teacher: Brandi Ownby
Subject Area: 6th-8th Physical Education
Unit Title: Archery
Lesson Title: 11 Steps to Archery Success

Standards: MS.13.6 Executes a forearm volley during game like situations.
MS.24.6 Demonstrates correct techniques for basic skills in 1 selected outdoor activity. (archery)

Materials/Resources needed:

- 5 targets
- Bows
- Arrows
- Cones to hold arrows
- Stopping net

Instructional Grouping:

- After instructional learning the kids will be split into 2 groups- Group A and Group B
- Group A will play volleyball while Group B shoots archery. We will switch so that both groups get equal time in Archery/Volleyball.

Adaptations: May have to adjust draw weight for the kids who are not able to pull the strings back.

Lesson Structure and Pacing:

- 5 Minutes for warm-up
- 15-20 minutes for Intro and learning the 11 steps to Archery Success
 1. Stance- Open foot and shoulder width position
 2. Nock Arrow- Grab below fletching, up and over a vertical bow
 3. Drawing Hand Set: hook the string in the archer's groove
 4. Bow Hand Set: center the bow's grip under the life line of the relaxed bow hand. Bow hand knuckles should form a 30-45 degree angle
 5. Pre-Draw: Hinge the bow arm and drawing arm to eye level. Rotate bow arm and elbow down and away.
 6. Draw: With draw arm parallel to the ground, smoothly pull the string towards the face.
 7. Anchor: Index finger at the corner of the mouth
 8. Aim: Align the the string and arrowrest on the target
 9. Shot Set-Up: While the eye continues to aim...think about and..
 10. Release: Relax the hooked fingers and the back of the drawing hand all at once.
 11. Follow through/Reflect: The drawing hand continues reward, under the ear and painting the face, until the thumb touches or is near the shoulder. The drawing elbow should relax and hinge downward.
Reflect- did the shot feel and look right?

- 35 minutes of Archery/ Volleyball
- 5 minutes to answer exit questions

Anticipatory Set/Hook: I explain that learning to shoot a bow could be useful to hunt for food in times that may be hard. Also talk about the movie Hunger Games.

Connection to Prior knowledge/learning:

- First time for most in learning Archery in a school based setting. Most girls think about the movie, The Hunger Games.
- Everyone has played volleyball before.

Modeling/Thinking Strategy:

- I will demonstrate how to execute the 11 steps for a successful archer.
- The kids will need to figure out what they are doing wrong if they can not hit the target. What kind of adjustments will they need to make.

Guided practice: The students will be on their own for shooting once I have watched them show me the proper form. Archery will be all command based. If the kids can not follow directions, they lose the opportunity to shoot.

Formative Assessment: I will observe students as they shoot looking for the 11 steps of a successful archer and how they follow the commands.

The last day of archery they will have to show me the 11 steps and be able to hit the target 3 out 4 times

They will need to identify parts on the arrow and bow.

Summative Assessment/Closure: They must be able to tell me the 3 of the 11 steps to Archery success.