



Autumn 2 PE - Archery



<u>Topic</u>	<u>Knowledge - Children will learn</u>	<u>Children will be able to...</u>	<u>Prior Knowledge</u>
Archery (4 sessions)	To hold the bow and arrow safely and correctly. To shoot the bow and arrow from a range of distances. To shoot the bow and arrow accurately at a specific target. To take part in a Round Robin competition.	• Introduction to archery Introduction to the sport of Archery: -History -Rules A brief rundown of safety. Rules and expectations of students are set out for the next 4 sessions of archery. Describe characteristics of the bow and arrow to students and also allow students to become familiar with targets and how to score. Students will be split into groups and will practice correct technique and aim to just hit the board. • Shoot the arrow from a range of distances. Have students explain a safety rule each before the start of the lesson. Students will first of all have practice shots at the targets from approximately 10-20 metres. Students will be placed into groups based on their performances from last week. Targets will be distanced appropriately judged on the skill of each group. Make sure there is still a safe amount of distance behind the targets when they are moved further away from shooting line. Technique of pulling out arrow from board, taking into consideration students around you. Never point a bow and arrow at another student. Students will only collect arrows once all arrows have been released at targets by students on the shooting line. Walk don't run towards the target when retrieving arrows.	Rolling Hand/ eye coordination Target games



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- Shooting the arrow with accuracy

Have students explain a safety rule each before the start of the lesson. Children to recap on last week's lesson of holding the equipment correctly and shooting from a distance. Children to shoot arrows at the target for practice.

Express importance of accuracy in the sport, explanation of Olympic competition

Children to take part in Balloon Archery, this will encourage the children to become more accurate with their shooting. Prizes/ house points will be awarded for successful hits.

- Archery Round Robin competition including skills from previous lessons

Have students explain a safety rule each before the start of the lesson.

Students are split into pairs and are to make up their team names.

Draws for the round robin competition are given to each pair to follow. Teams will then add up their scores and their wins to crown the winning pair. Winning pair will be given a reward.

Children to complete a quiz at the end of the lesson which will include questions around names of equipment, scoring, safety and the topics that have been covered.

Keywords

arm guard	nock	archer
arrow	release	scoring
bow	shaft	
draw	target	
fletching	aim	



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Progression of skills

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To be able to shoot an arrow of a short distance (5 metres)		To be able to shoot an arrow of a short distance (10 metres)		To be able to shoot an arrow of a short distance (15 metres)	
To shoot the arrow in a forward direction		To shoot an arrow towards a large target e.g. wall		To shoot an arrow towards a target board.	
To work in small groups to score points by hitting the board.		To work in small groups to score points by hitting 2 parts of the board (one larger outer ring, one smaller inner ring)		To work in small groups to score points by hitting all parts of the board. Scoring by hitting all sections of the target board. Children to use their mathematical knowledge to add up the amounts.	