

PRE-TEACHING ASSIGNMENT

SECTION 1

Archery is one of the oldest arts or sports known to man and is still practiced today. From its early development in ancient times until the 1500s, the bow and arrow were used more extensively than any other weapon throughout history. The use of the bow and arrow first appeared in Egyptian artworks and is reported in folklore as far back as five thousand five hundred years ago (although its invention, in all probability, dates back to the Stone Age). In prehistoric times, people used bows and arrows to hunt for food and for self-defense. During the Greek and Roman civilizations, armies used the skill of trained bowmen to win many battles. Archery achieved new status as an American sport in 1828, when an association called “The United Bowmen of Philadelphia” was formed. This group is still in existence today. The National Archery Association (NAA) was founded in 1879. It still sponsors annual national archery competitions.

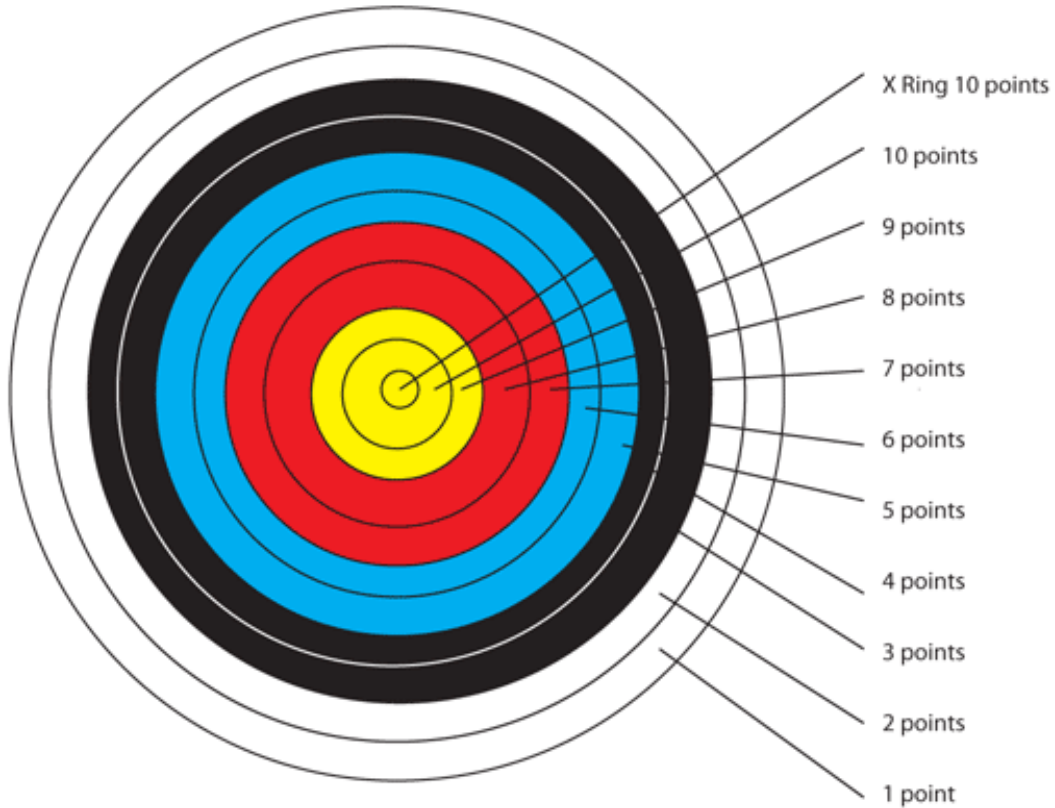
SECTION 2:

Objective of the game: The object of the game is to score the most possible points by shooting arrows as close to the center of the target as possible.

How a winner is determined: Scoring is determined after one set of three arrows. Team score is determined after each player has shot his/her three arrows, and then it is the sum of the players' scores. If a game is tied there will be a shoot-off:

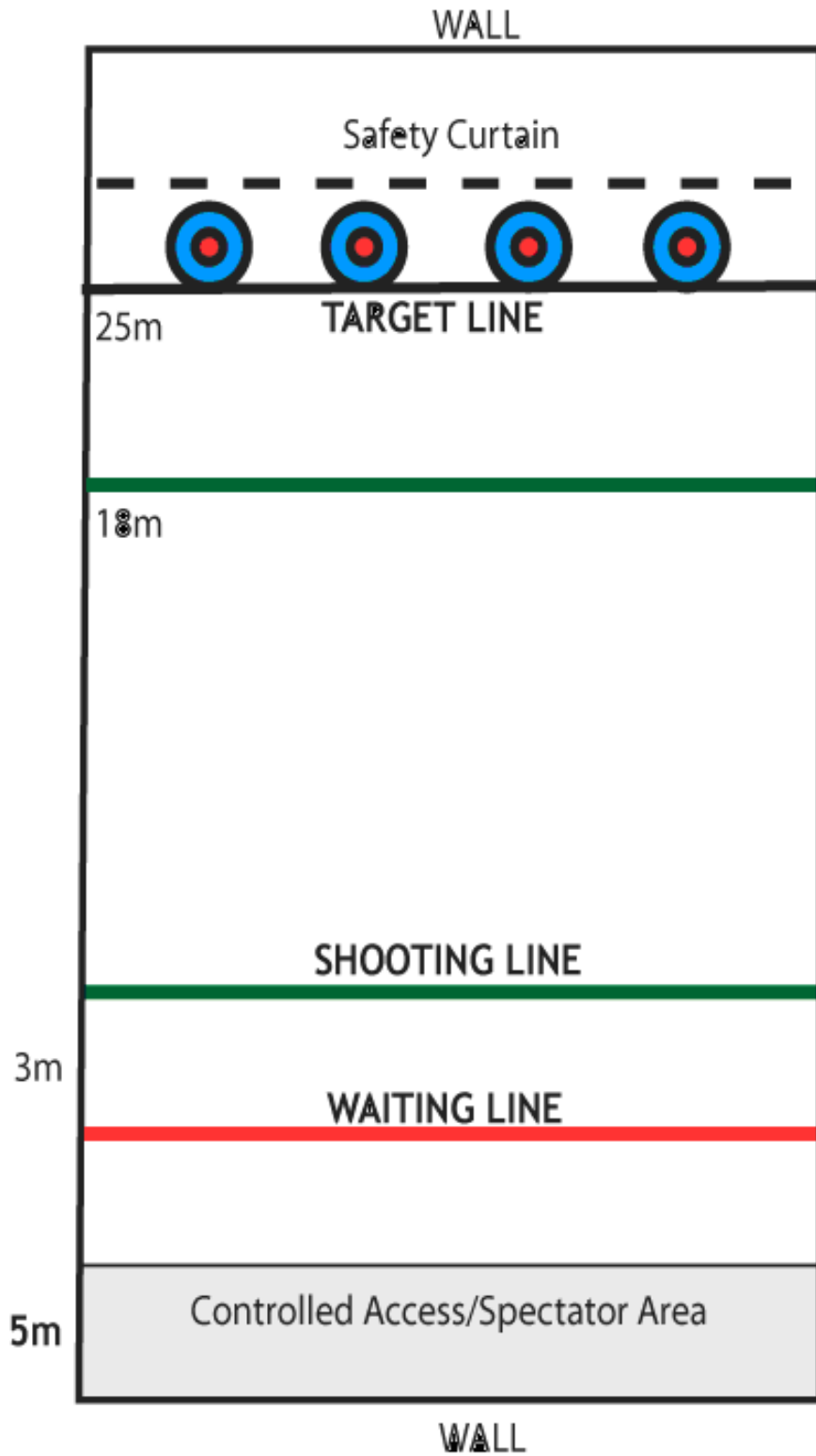
- If the score is still tied in the third shoot-off, the team with the arrow closest-to-the-center will win;
- If still tied the arrow second (or third) closest-to-the-center arrow will determine the winner;
- If necessary there will be successive three arrow (one arrow shot by each athlete) shoot-offs for score if necessary followed by closest-to-the-center evaluation until the tie is resolved;
- The time limit for a Team shoot-off will be one minute.

Diagram of playing field with measurements:



Scoring Values (in points)	Colors
10	Outer Yellow
9	Inner Yellow
8	Outer Red
7	Inner Red
6	Outer Light Blue
5	Inner Light Blue
4	Outer Black
3	Inner Black
2	Outer White
1	Inner White

An arrow will be scored according to the position of the shaft in the target face. If the shaft of an arrow touches two colors, or touches any dividing lines between two scoring zones, that arrow will score the higher value of the two zones involved.



Playing field set up

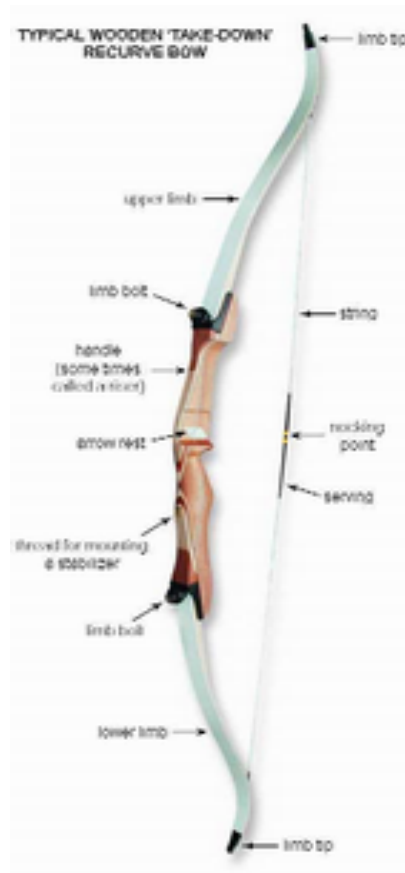
- The Target line is taped to the floor about six feet from the targets.
- A shooting line is placed 15-21 feet from the targets.
- A waiting line is marked 10- 12 feet behind the shooting line.
- Lanes of shooting are marked at least 160 cm wide.
- A 10-12 ft. line will be marked in front of the shooting line.
- A 30 ft wide and 10 feet high backstop or net is placed behind the targets.

Equipment needed

- Bow
- Arrows
- Target
- Nets for behind target

Shooting technique and form:

The bow is held in the hand opposite to the archer's dominant eye, though some advocate holding the bow in the dominant hand side. This hand is referred to as the **bow hand** and its arm the **bow arm**. The opposite hand is called the **drawing hand** or **string hand**. Right-eye-dominant archers hold the bow with their left hand, have their left side facing the target, sight towards the target with their right eye and handle the arrow and string with their right hand.



Number of players on a team:

Depending on the competition, a team may consist of one team member, or possibly up to five members.

Guidelines for the Official

Safety Rules:

- NEVER point a bow and arrow at another person.
- NEVER shoot an arrow straight up into the air. You can end up hitting another person or yourself.
- NEVER shoot an arrow off into the distance where you cannot see where it will land.
Again, you could end up hitting another person.
- Only use archery equipment in places that are especially set up for target practice - such as indoor and outdoor target ranges. Targets should be set up to insure that a stray arrow could accidentally hit no one. Allow at least 20 yards behind the targets and a 30-degree 'cone of safety' on each side of the shooting lane. Try to place targets against a hill or rising terrain as a safety measure.
- Don't draw a bowstring back further than the length of the arrow for which it is intended.
Overdrawing can break the bow and injure the shooter in the process. There is an old saying that a fully drawn bow is 7/8 broken!
- Don't draw the string back except with an arrow on it and, especially, don't release the bowstring with no arrow on it. Doing so is called dry firing and can damage the bow.
- At practice ranges, the only safe place is behind the shooting line.
Never shoot an arrow until you are positive that no one is in front of you or behind the targets.
Conversely, don't stand in front of a bow while it is being shot, even if you are to one side of the shooter.
- Wait for a verbal approval from the teacher or teachers before starting to shoot.
- Arrows should only be knocked on the shooting line and pointed in the direction of the targets.
- After you are done shooting, wait for the whistle signal before going toward the targets to retrieve your arrows.
- WALK, don't run toward the targets. Remember that the arrows are sticking out and can injure you.
- When pulling arrows out of a target, stand to one side and insure that no one is directly behind you.

Whistle Commands (For people waiting to shoot)

- 1 Whistle Blast: Nock arrows and begin shooting
- 2 Whistle Blasts: Go to shooting line, pick up bow, and rest cam on foot
- 3 Whistle Blasts: Retrieve arrows (start at the top and move down cupping the tips; then walk back to the shooting line and place arrows in quiver.)
- 4 Whistle Blasts: STOP SHOOTING and rest bow on ground

There will be one official on each end of the shooting line. Additional officials will be placed behind the shooting line, watching shooters at all times. The officials are responsible for conducting the whistle commands, as well as watching for safety hazards, at which point the official will blow the whistle 4 times. The official(s) will accompany the shooters to the target to retrieve the arrows and will tally the shooters scores.

SECTION 3: the lesson plan

Day 1

Introduction of Sport: Archery is an Olympic sport that started in the 16th century.

Drill 1: Video

Set-Up: Connor will set up the DVD in the computer in classroom Gym 2.

Organization: Students will sit in the first two rows, and the leaders can move students to avoid distractions. A seating chart is drawn up.

Equipment: Computer, projector, the archery DVD, and chairs will be used.

Objective: Students will learn the mechanics of Archery.

Objective: Students watch an intro to archery as well as its safety precautions.

Drill 2: Dominant-Eye Test

Set-Up: No set up is required.

Organization: Students will stand up from wherever they were seated for the video. Students will be instructed to:

1. Extend your arms in front of you with your palms facing away.
2. Bring your hands together, forming a small hole by crossing the thumbs and fore fingers.
3. Choose a small object about 15-20 feet away from you. With both eyes open, focus on the object as you look through the small hole.

4. Close one eye and then the other. When you close one eye, the object will be stationary. When you close the other eye, the object should disappear from the hole or jump to one side.
5. If the object does not move when you cover one eye, then that eye is dominant. The eye that sees the object and does not move is the dominant eye.

Equipment: No equipment needed.

Objective: After completing the test, students will learn if they are right eye dominant or left eye dominant, which will allow them to know which bow they need.

Drill 3: Stance

Set-Up: No set-up is needed.

Organization: Students will spread out from where they were for the Dominant-Eye test, making sure that they are more than an arm's length away. They will straddle the line in proper archery stance, with their foot, which is opposite of their dominant eye, slid back and slightly pointed toward the target.

Equipment: None

Objective: Students will be taught the proper stance by Michelle. Michelle will teach them proper footwork, and the way to hold the bow and arrow. The objective is students to recognize and know proper stance in archery.

Day 2

Drill 1: Review of Day 1 - Stance

Set-Up: No set-up is needed.

Organization: Students will spread out from where they were for the Dominant-Eye test, making sure that they are more than an arm's length away. They will straddle the line in proper archery stance, with their foot, which is opposite of their dominant eye, slid back and slightly pointed toward the target.

Equipment: None

Objective: Students will be taught the proper stance by Michelle. Michelle will teach them proper footwork, and the way to hold the bow and arrow. The objective is students to recognize and know proper stance in archery.

Drill 2: Whistle Commands

Set-Up: Targets will be set up at the far end, about 5 feet apart, bows will be placed on the side behind the waiting line, and quivers will be placed parallel to the targets at the waiting line.

Organization: Students will be split up into 2 groups, determined by the leaders. Connor will demonstrate a mock shooting, while Michelle does the whistle blast commands.

- 1 whistles blast – shoot
- 2 whistle blasts – pick up bow and go to waiting line
- 3 whistle blasts – begin knocking arrows and shooting
- 4 whistle blasts – stop immediately.

Students then will participate in a mock shooting, where one person from each group, goes through the commands and pretends to shoot. Along the way, students will also be taught how to pick up their arrows from their quivers properly, and also how to pull out arrows, take score, and walk safely with arrows in their hands.

Equipment: Two bows, two quivers, without arrows in them, and two targets

Objective: The main objective is to familiarize students with the whistle blasts, however, students will also learn proper care of the arrows.

Day 3

Drill 1: Quiz

Connor will give the students a short mini quiz on whistle signals in order to ensure that they know them. Students must receive a 100% on the quiz. While students are taking the quiz, Michelle will set up targets upstairs.

Equipment needed: quizzes and pencils. 5 targets, 5 quivers, and 5 bows

Organization: Students will be spread across the wall in order to take their quiz, and to avoid cheating.

Once the quiz is completed, Michelle will grade them. While Connor begins the second drill, those who did not pass the quiz will be taken aside and re-taught the whistle blasts from the previous day.

Objective: To ensure students are aware of the whistle blasts when game day approaches to ensure safety.

Drill 2: “mock” shooting/ review

Without arrows, students will listen to the whistle command given by Connor and do as told. The whistle command will have the students go to the shooting line, nock arrows and begin shooting, stop shooting, and retrieve arrows. This shall be repeated with each group until each person completes it flawlessly and has been safe.

Equipment needed: five targets, with 5 quivers with one arrows, and one bow at each location

Organization: students will be placed in groups at each target.

Objective: Practice being in an environment and listening to whistle blasts, so students are prepared for game day and also understand the actions which go along with the meaning of each whistle blast.

Drill 3: nocking arrows

Set-up: Students will be lined up facing Michelle in the safety zone, as she demonstrated how to knock and arrow properly. Once Michelle is done, students will be split up into groups A and B. Each group will listen to the whistle commands but they will not shoot on the three whistle blast command, instead they will nock an arrow as leaders and Ms. Wilson come around to evaluate if their arrow is knocked correctly. The groups will alternate.

Equipment needed: 5 targets, 5 quivers, 5 arrows (one at each location) and 5 bows (1 of the 5 will need to be yellow)

Organization: students will be split into groups, as already prepared by leaders

Objective: To familiarize students with nocking the arrow before the shooting days. As well as make sure students are confident and know the correct stance and how to handle the arrows.

Day 4 & Day 5

Students who did not pass the whistle blast quiz yesterday will not participate until they have retaken the quiz with Michelle and received a 100%

Teams: Teams will be determined by leaders. We will split up the two boys onto each team. We will also avoid putting students who are talkative together on the same team.

Playing areas: 4 playing areas are needed.

Equipment: 4 targets and target stands with 4 quivers, 12 arrows (with 3 arrows in each quiver), and 4 bows (possibly 5 depending on if there are any lefties). Also need the safety net.

Game Conclusion: The game ends once each person on each team shoots all three of their bows. The scores also need to be tallied up by each team, each player is responsible for scoring them selves, and Connor will record their score. Students will shoot 3 times until the group total is calculated.

After the first game is complete, students will remain in the groups, however the game will now be played as individuals, rather than team efforts.

On the 5th day, an individual game will be played. Once every student has shot 3 times, the winners will be tallied.

After, students will attempt to group their arrows. Scores will not matter in this game. Once students have shot their three arrows, leaders and Ms. Wilson will act as judges and determine which student has grouped their arrows the best. Grouping is determined on how well a student can place their arrows as close together as possible anywhere on the target.

SECTION 4:

The roles which we take on are to collaborate amongst each other to create a safe yet fun and exciting environment to play archery in. Archery is commonly not as physical as most sports, thus our roles also include trying to enhance motivation to play and enjoy playing. In addition, we hope students will learn a new appreciation for archery. Safety is the primary objective in everything taught, so students know how to handle equipment and the environment around them

Name _____

Archery Safety Quiz

Directions: Circle the correct number of whistle blasts that correspond to the command listed.

1. Go to shooting line and pick up bow.

- 1 whistle blast
- 2 whistle blasts
- 3 whistle blasts
- 4 whistle blasts

2. Retrieve your arrows.

- a. 1 whistle blast
- b. 2 whistle blasts
- c. 3 whistle blasts
- d. 4 whistle blasts

3. Stop shooting.

- a. 1 whistle blast
- b. 2 whistle blasts
- c. 3 whistles blasts
- d. 4 whistle blasts

4. Nock arrows and begin shooting.

- a. 1 whistle blast
- b. 2 whistle blasts
- c. 3 whistle blasts
- d. 4 whistle blasts

