

<b>ACTIVITY</b>
<b>ARCHERY</b>

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Numeracy	Physical Education	PSHE	Physical Education	Outdoor and Adventure Activities
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**Learning Objective: To introduce pupils to archery**

**Description:** Sessions take place using outdoor ranges. This is an opportunity to develop dexterity, control and precision. Adjustable target ranges make the activity suitable for all ages and students will use equipment suitable to their individual size and strength. As the session progresses pupils will have the chance to improve their skills before competing as an individual and as part of a team.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> <li>• Recognising activity Boundaries</li> <li>• Correct use of personal protective equipment</li> <li>• <b>Keywords:</b> fletching, nocking point, quiver, boss</li> </ul>	<ul style="list-style-type: none"> <li>• To wear the correct clothing – long sleeves, no ear-rings or jewellery, sensible shoes</li> <li>• Observing general safety rules for archery</li> <li>• To recognise the importance of good behaviour when waiting to participate</li> </ul>	<ul style="list-style-type: none"> <li>• To prepare physically for the activity in hand</li> <li>• To demonstrate good technique – stance, holding the bow, nocking the arrow, drawing, aiming and shooting.</li> <li>• To improve the quality and technique of the newly acquired skill</li> </ul>