



# Archery

## Class Outline

**Brief Synopsis:** Though they may not turn into Robin Hood, participants will discover the joy behind this long established sport. Understanding the history, following the safety rules, and learning the skill is just the beginning. Through hands-on target practice and friendly competition, participants will learn about self-discipline and develop sound decision making skills. Eagle Bluff has both indoor and outdoor ranges available as well as different styles of bows for participants to try.

### Outcomes:

1. Students will discern the importance of archery from circa 50,000 B.C through the twenty-first century.
2. Students will learn the parts of the bow and arrow and what makes a recurve bow unique from a compound bow.
3. Students will display proper skills when loading and shooting an arrow.

### Outline:

#### I. Archery History (25 minutes)

An interactive archery timeline will guide the students' understanding of the development and uses of a bow and arrow from the past to the present. Through group discussion, students will identify the three main purposes the skill of archery served: warfare, hunting, and sport.

#### II. Bows and Arrows (20 minutes)

Through demonstration and explanation, the archery instructor will compare a variety of different bows and how all of its parts work together to release an arrow. Students will then examine an arrow from shaft to fletching discovering how the design aids an arrow to fly straight.

#### II. Load, Aim, Fire (30 minutes)

Two methods will be introduced to help students determine their eye dominance. Once that is established, loading and shooting an arrow will be broken down into ten easy steps. The students will be encouraged to follow these simple steps in order to load, aim, and fire an arrow accurately.

#### III. Indoor and Outdoor Range (1 hour 45 minutes)

The majority of the class period will be spent practicing the skills learned using both a recurve and compound bow. Students will learn the sport by engaging in friendly competition and archery games. A highlight of the class will take place outdoors shooting at 3-D targets (weather permitting).

### Quick Facts

**Class length:** 3 hours

**Ages:** Must be 5th grade or older

**Season offered:** Year-round

**Time outside:** Weather dependent

**Hike length/physical activity:**  
Low physical activity

**Pre-requisite/prior knowledge:**  
None required

#### Minnesota Academic Standards:

**Science:** 5.II.D.2, 6.II.D.1, 7.I.D.2, 9-12.I.D.1

**Language Arts:** 5.I.A.2, 5.III.A.2, 6.I.A.2, 6.III.A.3, 7.I.A.3, 8.I.B.8

**Physical Education:** 5.1.1-2, 5.5.3, 5.6.2,4,5, 6.1.2, 6.5.1,5, 6.6.1-2,4, 7.2.1, 7.5.1,3, 7.6.1,3, 8.3.2,4, 8.5.1,