



Archery Pre-visit

Classroom Activities

Brief Synopsis

Archery is a lifelong activity that almost everyone can enjoy. It is a sport that teaches patience, safety and attention to detail. Once you have the basics down archery can be enjoyed year round.

Ages: Designed for 4th–6th grade

Time Considerations: 20 minutes for each activity

Materials:

Activity 1:

- “The Eye In Charge” worksheet or half sheet of scrap paper
- Scissors
- Recycling bin

Activity 2:

- Archery Vocabulary worksheet
- Pencils

Vocabulary:

Dominant eye, index vane, instinctive shooting, limb, long bow, nock point, quiver, range commander, recurve bow, serving.

Outcomes:

1. Students will learn how to determine their dominant eye.
2. Students will experience using their non dominant eye.
3. Students will learn the basic archery vocabulary.

Minnesota Academic Standards:

Science: 5.II.D

Language Arts: 5.I.A, 6.I.A, 6.III.A

Physical Education: 5.1

Set-up

Everyone has a dominant hand but did you know that everyone also has a dominant eye? The dominant eye does not always match the dominant hand which can create problems for certain activities like archery. Learning to shoot with your dominant eye will make you a better shot, which will make you more successful and allow you to have more FUN!

Activity 1: The Eye In Charge!

Background: Students will determine their dominant eye, determine if they are cross dominant and experience what it is like to rely on their non-dominant eye.

Procedures:

1. Divide the class into pairs and handout “The Eye In Charge” worksheet.
2. Have students cut out the dashed lines in the middle of the sheet.
3. Encourage partners to stand 10 feet apart facing each other
4. Student A should hold “The Eye In Charge” sheet at arms length in front of him/her.
5. Student A should have student B's nose centered in the hole in “The Eye In Charge” card.
6. With BOTH eyes open, have student A slowly bring “The Eye In Charge” card toward their face while keeping Student B's nose in the middle of the opening.
7. “The Eye In Charge” card will come back to Student A's dominant eye.
8. Repeat to verify.
9. Switch students roles.
10. When both student's have determined their dominant eye, crumple up “The Eye In Charge” card into a ball.
11. Students should play catch using both eyes open, dominant eye closed and non-dominant eye closed and compare results.
12. Have student throw ball into recycling bin.
13. Take a survey of the class to determine who is right eye dominant, left eye dominant and cross dominant (right handed and left eye dominant of left handed and right eye dominant).
14. Students will be asked to shoot using their dominant eye while participating in archery at Eagle Bluff.

Revised October 2009



Activity 2: Archery Vocabulary

Background: There are several vocabulary terms associated with archery. Use the worksheets to learn about the different pieces of equipment that you will be using at Eagle Bluff.

Procedures:

1. Hand out Archery Vocabulary worksheets
2. Have students complete worksheets individually or in small groups.
3. Correct worksheet during class.

Teacher Tips

- A scrap piece of paper with a quarter sized whole in it can be used in place of the dominant eye worksheet.
- Give students specific guidelines about when and where they can throw their piece of paper.
- Make sure students keep both eyes open as they are bringing the eye dominance sheet toward their face.
- The Student will be looking through the opening with his/her dominant eye when the worksheet is at their face.

Additional Resources

http://files.dnr.state.mn.us/assistance/grants/epr/archeryinschools_info.pdf

This website gives information on the Archery in the schools program in Minnesota. It gives information on how to get the program going in your school.

<http://www.mnarchery.org/>

A website with information on target archery, bow hunting, education and a list of archery pro shops and clubs.

<http://www.genesisbow.com/>

Information about the Mathews Genesis bow which is the bow used by the archery in the schools program and at Eagle Bluff ELC.

<http://www.bowproshop.com>

Gives information on modern archery equipment, eye dominance and equipment maintenance.

<http://www.ArcheryHistory.com>

This website gives a look at the history of archery and archery equipment.

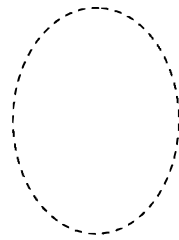
<http://www.usaarchery.org>

Information about USA Archery.

<http://www.bowproshop.com>

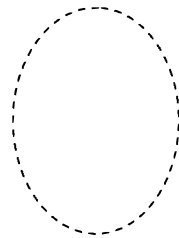
Gives information on modern archery equipment, eye dominance and equipment maintenance.

The Eye In Charge



Determining which eye is dominant

- Cut out circle in the middle of the paper
- Hold paper at arms length in front of you
- With both eyes open, focus on any object through the hole
- Focus on the object and slowly bring the card to your face keeping both eyes open
- The eye that the card comes back to is your dominant eye
- Repeat to verify



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Archery Vocabulary

Directions: Match the vocabulary word with the definition by placing the letter in the space provided

- | | | |
|--------------------------------|---|---|
| 1. ____ Anchor point: | L | A heavy point with a more or less elongated tip of smaller diameter than the body of the point; often designed to match broadheads in mass or flight characteristics. |
| 2. ____ Arm guard: | R | Device to hold arrows. |
| 3. ____ Arrow rest: | H | Flexible portion of a bow from the riser to the tip. |
| 4. ____ Bulls eye: | C | Distance from the string to the arrow rest when an arrow is fully drawn. |
| 5. ____ Index vane: | Q | Windings placed on a bowstring to protect the string loops and the center portion of the string and to provide a smooth surface for a cleaner release. |
| 6. ____ Compound bow: | I | Protective device worn on the inside of the bow arm to keep clothing out of the string's path and to protect the arm from abrasion by the string. |
| 7. ____ Draw: | V | The object (usually paper) at which an archer is shooting. |
| 8. ____ Draw length: | E | A slotted device at the end of an arrow to receive the string, also the notches at the end of the bow limbs which hold the string in place. |
| 9. ____ Draw weight: | P | Center portion of a circular target; aiming dot on a target. |
| 10. ____ Dry fire: | W | Bow designed to give the shooter a mechanical advantage during the draw, changing the shape of the draw force curve and yielding a higher efficiency in energy transfer to the arrow. |
| 11. ____ Field point: | X | Force required to draw an arrow to the anchor point. |
| 12. ____ Instinctive shooting: | S | To shoot a bow without an arrow on the string. This results in a great deal of shock to the limbs and can potentially break the bow. <u>It should NEVER be done!</u> |
| 13. ____ Limb: | M | A stable reference point for anchoring the string at full draw. |
| 14. ____ Longbow: | A | Shooting without the aid of sights or other aiming devices on the bow. |
| 15. ____ Nock: | N | Process of pulling the string back to the anchor point. |
| 16. ____ Nock point : | O | Straight or slightly reflexed bow based upon the old English design. |
| 17. ____ Quiver: | F | The differently colored fletching used to indicate the proper way to place an arrow on the string. This vane should be pointing away from the bow at 90°. |
| 18. ____ Range Commander: | K | Person responsible for the safe operation of a shooting range. |
| 19. ____ Recurve bow: | D | Conventional bow with the tips of the limb curved toward the back of the bow. |
| 20. ____ Serving: | T | Device for supporting an arrow while it is at rest or being drawn. |
| 21. ____ Shaft: | G | Plastic fletching material. |
| 22. ____ Target: | J | Body of an arrow. |
| 23. ____ Vane: | U | A small ring of metal placed on the bow string that the arrow nock should be positioned under to maintain consistent arrow placement. |

Archery Vocabulary

ANSWER SHEET

1. M Anchor point: L A heavy point with a more or less elongated tip of smaller diameter than the body of the point; often designed to match broadheads in mass or flight characteristics.
2. I Arm guard: R Device to hold arrows.
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