

## Class Summary

### Quick Facts

**Outside:** Weather dependent  
**Grade:** 4th and older  
**Offered:** Year-round  
**Physical Activity:** Low physical activity  
**Other:** No special skills required

### Concepts

- Cultural History
- Safety
- Design
- Practice & Perseverance

### [Minnesota Academic Standards >](#)

- Science
- Language Arts
- Physical Education

### [Classroom Activities >](#)

- Pre-Activity: *The Eye in Charge*
- Post-Activity: *Archery: Then and Now*

### STEM Components

- Utilize
- Operate
- Estimate

### IB Profiles

- |   |   |
|---|---|
| <input type="checkbox"/> Inquirers                | <input checked="" type="checkbox"/> Open-minded |
| <input type="checkbox"/> Knowledgeable            | <input checked="" type="checkbox"/> Caring      |
| <input checked="" type="checkbox"/> Thinkers      | <input checked="" type="checkbox"/> Risk-takers |
| <input checked="" type="checkbox"/> Communicators | <input type="checkbox"/> Balanced               |
| <input checked="" type="checkbox"/> Principled    | <input type="checkbox"/> Reflective             |

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### Outcomes, students will:

1. Identify the importance of archery from circa 50,000 B.C. to the present day.
2. Practice safe and responsible archery by gaining knowledge of eye dominance, equipment and its proper use, and range rules.
3. Learn and practice the “11 Steps to Archery Success” while participating in a variety of friendly competitions and games.

### Brief Synopsis:

Though they might not turn into Robin Hood, participants will discover the joy behind this long established sport. Understanding the history, following safety rules, and learning the process of shooting is just the beginning. Through hands-on target practice and friendly competitions, 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.

### Activity Summaries:

#### Archery History (10 minutes)

The instructor will lead a group discussion with the class to determine the three main purposes the archery throughout history.

#### Bows and Arrows (20 minutes)

Through demonstration and explanation, the class will compare a variety of different bows and learn how its parts work together to release an arrow. Students will then examine an arrow from tip to fletching to discover how its design aids helps an arrow to fly straight.

#### Ready, Aim, Fire (30 minutes)

With the help of the instructor, the class will determine their eye dominance. Once established, participants will learn the 11 Steps to Archery Success which will breaks the process of shooting an arrow into easy to follow steps.

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

The majority of the class period will be spent practicing these skills using several different types of bows. Once the group has had a chance to practice and receive some coaching the class will engaging in some archery games and friendly competition. A highlight of the class will take place shooting at 3-D targets (outside shooting is weather dependent).