

CHAD MASSIE

LIFE SPORTS I WEEKLY LESSON PLAN

UNIT Archery

TOPIC Safety, terms and equipment

Objectives:

Students will become familiar with archery safety, terms and equipment

Activities:

Discuss basic safety, go over equipment and frequently used terms

Materials:

Bows, arrows, targets and bunkers

Checks for understanding: Question and observe students

TOPIC Technique and aim

Objectives:

Students will learn technique for shooting and aiming

Activities:

Discuss and demonstrate shooting technique and aiming

Materials:

Bows, arrows, targets and bunkers

Checks for understanding:
Question and observe students

TOPIC Improving aim

Objectives:

Students will learn how to improve their aim by:

- 1 using the same stance and basic shooting form
- 2 using the same anchor point and looking through the string
- 3 having a good follow through and good back tension
- 4 changing where they are aiming

Activities:

Discuss and demonstrate methods for aiming

Students will practice shooting concentrating on methods to improve aim

Materials:

Bows, arrows, targets and bunkers

Checks for understanding:

Observe and question students

TOPIC Walking the string

Objectives:

Students will learn how to shoot and aim by walking the string

Activities:

Discuss and demonstrate how to aim by walking the string

Students will aim by walking the string

Materials:

Bows, arrows, targets and bunkers

Checks for understanding:

Question and observe students

TOPIC Target shooting

Objectives:

Students will learn scoring for target shooting

Activities:

Discuss and demonstrate scoring for target shooting

Students will score four ends of five arrows

Materials:

Bows, arrows, targets and bunkers

Checks for understanding:

Question and observe students

Collect students scores

TOPIC Games

Objectives:

Students will compete in archery games

Activities:

Play tic, tac, toe

Play the pie game

Materials:

Bows, arrows, targets and bunkers

Checks for understanding:

Observe students

Check for winners

Standards: : A12.1, B12.1, D12.1-4, F12.1-7, G12.1-5