



Archery

program resource sheet | Middle Childhood

Archery is a challenging recreational program that tests students' aim and patience. Using re-curve bows, students shoot for 'Olympic-style' bullseye targets and develop their technique. Students learn the different parts of the bow and arrow and will be shown the correct procedures and techniques for loading and releasing.

Available at:	Ern Halliday, Point Walter and Woodman Point.
Challenge considerations:	Individual land challenge that requires both fine and gross motor skills.
Duration of program:	90 minutes.
Items required:	Enclosed shoes, hat, sunscreen and water bottle.
Focused Core Shared Values:	<ul style="list-style-type: none"> Social and civic responsibility.



Program links:

Archery allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered in a previous learning program.

Outcome	Skill	Elaboration
Interpersonal skills	Communicating	All students are encouraged to provide feedback to their peers. Students must make clear and reasoned comments to their peers. Peers receiving feedback are also required to use their active listening skills.
	Leading, initiating and facilitating	Students are encouraged to support and encourage others during challenges by providing advice or suggestions and displaying positive behaviour.
Self-management skills	Monitoring and evaluating	Students are encouraged to monitor and evaluate their own and peers' archery techniques in order to be more successful at the various challenges and competitions set by the instructor.
Skills for physical activity	Skills for recreating in the outdoors	Students will learn the basic skills and techniques to effectively release arrows from a re-curve bow at an 'Olympic-style' target.
	Balance and stability	Students practise adjusting body position and control with the bow to effectively shoot at the target.
	Forces and motion	Students learn to adopt the correct stance, adjust body shape and how to generate maximum force with the bow.
Knowledge and understandings	Learning physical activities	Students learn, practise and/or develop ways to assist others in improving a specific skill, supporting others in a team-oriented environment while gaining an understanding of the rules and protocols in Archery.
	Ways to keep healthier and safer	Archery has potential to result in a harmful situation, therefore students are asked to develop and introduce risk management practices to enjoy a safe Archery experience.

Archery encourages the development of the following Overarching Learning Outcomes:

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