

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Week 1</u></p> <p><b><u>Psycho-motor:</u></b>  - T-form Shot  -Arrow Retrieval</p> <p><b><u>Cognitive:</u></b>  -Safety  -Equipment  -Commands  -Rules  -Scoring  -Error Detection  -Arrow Patterns</p> <p><b><u>Personal/Social:</u></b>  -Sharing  -Responsibility  -Take Turns  -Respect for authority  -Respect you're your and others' safety</p>	<p><u>Introductory Packet</u></p> <ul style="list-style-type: none"> <li>- Equipment</li> <li>- Set-up</li> <li>- Safety</li> <li>- Rules</li> <li>- Commands</li> </ul> <p><u>T-form Shot</u> (Cognitive)</p> <ul style="list-style-type: none"> <li>- Stance</li> <li>- Grip</li> <li>- Draw</li> <li>- Release</li> </ul> <p><u>Ring Scoring</u> (Cognitive)</p> <p><u>Arrow Retrieval</u> (Physical)</p> <p><b>Activity:</b></p> <p><u>Class Practice</u> (Physical)</p> <ul style="list-style-type: none"> <li>- 10 yrd distance</li> <li>- On command (Pers./Soc.)</li> </ul>	<p><u>Warm-up</u></p> <p><u>Shooting Form</u></p> <ul style="list-style-type: none"> <li>- <i>Handout</i>- (Cognitive)</li> </ul> <ul style="list-style-type: none"> <li>-Feet</li> <li>-Hips</li> <li>-Torso</li> <li>-Shoulders</li> <li>-Elbows</li> <li>-Grip</li> <li>-Draw</li> <li>-Release</li> </ul> <p><u>Class Practice</u> (Physical)</p> <ul style="list-style-type: none"> <li>- 10 yard distance</li> <li>- On command (Pers./Soc.)</li> <li>- Partner Critique (Cognitive &amp; Personal/Social)</li> </ul>	<p><u>Warm-up</u></p> <p><u>Error Pattern Handout</u></p> <p>Errors &amp; Corrections (Cognitive)</p> <p><u>Shot Tracking</u> (Cogn.)</p> <ul style="list-style-type: none"> <li>-Record Arrows</li> <li>-Look for patterns</li> <li>-Error Detection</li> <li>-Possible Correction</li> </ul> <p><b>Activity:</b> (Physical)</p> <p><u>Group Competition</u></p> <ul style="list-style-type: none"> <li>- 5 arrows apiece</li> <li>- New score each round</li> <li>- Take turns (Pers./Soc.)</li> </ul>	<p><u>Warm-up</u></p> <p><u>Increased Distance Shooting</u> (Physical)</p> <ul style="list-style-type: none"> <li>- 15 yards</li> <li>- 20 yards</li> <li>- 25 yards</li> <li>- 30 yards</li> </ul> <p><b>Activity:</b> (Physical)</p> <p><u>Balloon Competition</u></p> <ul style="list-style-type: none"> <li>- 4 balloons per player tacked to target.</li> <li>- Each player has own color. (Cognitive)</li> <li>- Players take turns shooting until one player has no balloons left. (Personal/Social)</li> </ul>	<p><u>Warm-up</u></p> <p><u>Quiz</u> (Cognitive)</p> <ul style="list-style-type: none"> <li>- Rules</li> <li>- Equipment</li> <li>- History</li> <li>- Scoring</li> <li>- T-form shot</li> <li>- Error Patterns &amp; Corrections</li> </ul> <p><b>Activity:</b></p> <p><u>Longest Distance</u> (Physical ^)</p> <ul style="list-style-type: none"> <li>- Aim for Goal Posts</li> <li>- Trajectory</li> <li>- 1 @ a time (Personal/Social)</li> </ul>
<p><u>Week 2</u></p> <p><b><u>Psycho-motor:</u></b>  - T-form Shot  -Arrow Retrieval</p> <p><b><u>Cognitive:</u></b>  -Safety  -Equipment  -Commands  -Rules  -Scoring  -Error Detection  -Arrow Patterns</p> <p><b><u>Personal/Social:</u></b>  -Sharing  -Responsibility  -Take Turns  -Respect authority  -Respect for your and for others' safety</p>	<p><u>Warm-up</u></p> <p><u>Long Range Archers</u> (Physical ^)</p> <ul style="list-style-type: none"> <li>- 40 to 40 yd line target</li> <li>- Different trajectories (Cognitive ^)</li> <li>- Targets flat on ground</li> <li>- One team at a time (Per/Soc)</li> </ul> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>- Closest to 50 yd line</li> </ul>	<p><u>Warm-up</u></p> <p><b>Activity:</b></p> <p><u>Archery Olympics</u></p> <p><u>Parachute</u></p> <ul style="list-style-type: none"> <li>- 50 + yard distance (Physical ^)</li> <li>- Score by color (Cognitive)</li> <li>- Added bonus targets on parachute.</li> <li>- 1 team shoots at a time (Personal/Social ^)</li> <li>- 5 arrow/person limit</li> <li>- Tally point total</li> <li>-Retrieve arrows</li> <li>-Next team shoots</li> <li>- Recorded scores count as students' skill tests.</li> </ul>	<p><u>Warm-up</u></p> <p><b>Activity:</b></p> <p><u>Archery Olympics</u></p> <ul style="list-style-type: none"> <li>- 1 archer/team @ a target (Personal/Social ^)</li> <li>- 5 shots on command</li> <li>- Record each arrow from: <ul style="list-style-type: none"> <li>- 10 yards out</li> <li>- 20 yards out</li> <li>- 30 yards out (Cognitive ^)</li> </ul> </li> <li>- Recorded scores count as student skill tests.</li> <li>- Tally each player's scores for total team scores.</li> </ul>	<p><u>Warm-up</u></p> <p><b>Activity:</b></p> <p><u>Archery Olympics</u></p> <p><u>Staggered Targets</u></p> <ul style="list-style-type: none"> <li>- Stagger target distance</li> <li>- Apply point value to each target (closest = 5, next = 10, etc.) (Cognitive)</li> <li>- 2 minute time limit</li> <li>- 1 team shoots at a time (Personal/Social ^)</li> <li>- Shoot unlimited arrows (Physical ^)</li> <li>- Tally point total at end of 2 minute periods</li> <li>- Retrieve arrows</li> <li>- Next team shoots</li> </ul>	<p><b>Archery Test</b></p> <p><u>Warm-up</u></p> <p><b>Activity:</b></p> <p><u>Class Competition</u> &amp; <u>Skill Re-tests</u> (Physical)</p> <p><u>Archery Olympics</u></p> <ul style="list-style-type: none"> <li>- Final Standings</li> <li>- Team awards</li> </ul>

