

## Archery

- Equipment Needed:
1. Bows for at least half the class
  2. At least 4 Targets with stands
  3. 100-150 practice arrows
  4. Forearm guards and Finger tabs are optional, but recommended.
  5. Quivers are also optional

*Physical Skills Taught:* T-form shooting  
Arrow Retrieval

*Cognitive Skills Taught:* Critical points (Task Analysis of T-form Shooting)  
Scoring  
Competition types

*Personal/Social Skills:* Safety comes before everything else  
Cooperation

Follow a regimented routine together

## History

Archery has been dated back as many as twenty thousand years. Cave drawings depict early hunters using bows to kill their prey. As time went by, armies fought wars using bows and arrows as weapons. The greatest hunters and most feared warriors were those most skilled with a bow and arrow. Great pride was taken in one's ability to shoot straight and true, and over time archery competitions became common as a sport.

With the invention of firearms, the bow and arrow has lost most of its importance as a weapon and hunting tool, but the sport of archery remains popular today all throughout the world. The equipment has changed. The long bows of yesterday have evolved into the powerful compound bows we see today. And the arrows, once made of wood, hide and sinew are now made out of aluminum, carbon and fiberglass.

## Competitions

Archery competitions can vary from shooting at one target of concentric circles about the center, to shooting at numerous targets placed about the archery range at different distances. Competitions can be timed or untimed, depending on the learner's ability.

If shooters are aiming at the bullseye of a circular target, scoring should be as follows: 10 points for each arrow in the middle circle, 9 points for any arrow in the next

innermost circle, 8 points for the next circle and so on down to one point for any arrow in the outermost circle on the target. Any arrows that miss are worth 0 points.  
Competitions (continued)

If students are shooting at numerous targets placed about the archery range, a certain point value is placed for hitting each target. The closest target is worth the fewest points, and the target that is furthest away is worth the most points for each hit. Students can be given a certain number of arrows to shoot, or they can be timed, allowing them to shoot as many as they are able in the allotted amount of time.

### Objectives:

*Psychomotor 1:* Students will perform a t-form shot (TA style) from a distance of 10 yards, hitting a 3' diameter target with their arrows on four out of five shots.

*Psychomotor 2:* Students will perform a t-form shot (TA style) into a 20' diameter circular target area from a distance of 70 yards four out of five times.

*Cognitive 1:* 90% of the students will identify the parts of the bow by labeling a diagram on a quiz given in class.

*Cognitive 2:* Students will identify the four most critical points of a t-form shot (TA style) when called upon in front of the class four out of five times.

*Personal/Social 1:* All students will demonstrate responsibility by following instructions and verbal shooting cues given by the instructor before and during each shot they take.

*Personal/Social 2:* Students will demonstrate cooperation with each other by sharing equipment and by giving constructive feedback to their partners on technique every day of the unit.

Website:            <http://www.centenaryarchers.gil.com.au/shooting.htm>