



Activity	Key Skills			National Curriculum		Q.C.A	
	Numeracy	Working with others	Improving own learning and performance.	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Archery	*	*	*	*	*	*	*

Learning objective: By the end of the session you will have taken part in an introduction to archery.

Description: Sessions take place using either indoor or outdoor ranges. This is an opportunity to develop dexterity, control and precision. Adjustable target ranges make the activity suitable for all ages and students will use equipment suitable to their individual size and strength. As the session progresses pupils will have the chance to improve their skills before competing as an individual and as part of a team.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> Recognising activity boundaries and safety areas. Correct use of personal protective equipment. Keywords : fletching, nocking point, quiver, boss. 	<ul style="list-style-type: none"> To wear the correct clothing - long sleeves, no earrings or jewellery, sensible shoes Observing general safety rules for archery. To recognise the importance of good behaviour when waiting to participate. 	<ul style="list-style-type: none"> To prepare physically for the activity in hand. To demonstrate good technique – stance, holding the bow, nocking the arrow, drawing, aiming and shooting. To improve the quality and technique of the newly acquired skill.