



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade Level 8

Unit Archery

SOLs:

Motor Skill Development

- 8.1 The student will apply and demonstrate movement concepts and skills in modified versions of various game/sport, rhythmic, and recreational activities
 - 8.1 h) Describe how movement is created in activities that involve agility, power, coordination, reaction time, speed, force, motion rotation and energy.
 - 8.1 i) Explain the role of balance (center of support, center of gravity, planes of movement) in creating movement.

Title: Archery

Objectives/ Goals:

The student will ...

- List the cues for maintaining safety by following the cues given by the whistle.
- Students will describe or explain how to successfully nock and shoot an arrow.
- Students will perform the 11 steps to archery success by demonstrating proper technique and form.
- Participate at least 80% of the class time while staying engaged in the class activity.

Materials:

- Coacheseye app
- Arrows
- Different size bows
- 12 lb pull weight bow (adapted modified bow)
- Cones

- Targets
- Whiffle balls
- Indoor gym

Set-Up

- Each target is set up 30 feet from where students stand in their target line.
- No student is allowed in this 30 feet (range) area unless by whistle instruction.
- There are only 4 feet in between each lane where cones are set up to hold the arrows.
- With a small space, students need to be aware of their surroundings and keep their bow in the appropriate position during each step to archery success.
- **1 whistle = shoot, 2 whistles = get bow, & 3 whistles = go get arrows.**

Procedure:

0-10 Minutes

- Students are assigned squads and attendance is taken in the Gym.
- Students are dismissed to change for PE. Students return to main gym for instant activity where they can pick from a variety of choices (throwing, catching, shooting, walking, etc).

15 Minutes

- Dynamic stretching: Students are assigned to stretching lines and follow the teacher's lead in doing: Butt kicks, high knees, high knee skip, monster kicks, reach dip and lean, open the gate and close the gate, side shuffle, grapevine, forward lunges, forward lunges with a trunk rotation, side lunge and then finish with a series of planks (high, low, left and right-side planks).

5 Minutes

- Students sit in the middle of the gym.
- Teacher will reiterate safety rules and instruction of the 11 steps to archery.

15-20 Minutes

- In the previous class, teacher made archery groups which consisted of 9 each (as there are 9 target lanes).
- The first group is called up and once 2 whistles are blown, they can get their bow. 1 whistle allows them to start the step process.
- Students focus on the 3 specific skills that are being assessed.
- Teacher roams and uses Coacheseye to help give corrected feedback to students. All students will line up at one end of the gym floor.

20-30 Minutes

- Teacher tells students that the assessment of the 3 steps (nock, anchor, & follow through) will now start.
- While the first group starts, other students are asked to think about their practice time and reiterate anything about those 3 steps as necessary.
- All students get assessed with much success.

5-10 Minutes

Closure:

- Teacher reviews what students learned today.
- Teacher asks questions:
 - What were our whistle cues today?
 - How successful did you feel today?
 - What are some things that could be worked on?
 - Did you have fun?
 - Need more or less practice time for?

Modifications:

- Student can have clarification of directions.
- Student can decrease distance during the warm-up.
- Student can have modified warm-ups for the skills as needed.
- Student can perform in the first target lane near the wall, allowing more space and control to ensure success.
- Student can have a lighter pound bow that enables them to feel the pull weight a little better than a heavier bow.
- Student can nock the arrow properly and follow through, as anchoring requires a bit more strength.
- Student be seated if necessary.
- Student can have visual cues/closer target.

Assessments, References & Sources:

- Archery for beginners: <https://www.youtube.com/watch?v=oVuAdVP2jpl>
- Article: <https://www.archery360.com/2015/03/03/10-reasons-to-teach-your-kids-archery/>
- http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml
- <http://www.pecentral.org>