

## Archery Elementary Curriculum

Major focus: • National Standards: o Physical Education 1. Uses a variety of basic and advanced movement forms (NPH.K-12.1) 2. Uses movement concepts and principles in the development of motor skills (NPH.K-12.2) 3. Understands the benefits and costs associated with participation in a physical activity. Exhibits and physically healthy lifestyle. (NPH.K-12.3) 4. Understands how to monitor and maintain a healthenhancing level of physical fitness (NPH.K-12.4) 5. Understands the social and personal responsibility associated with participation in physical activity (NPH.K-12.5) o Social Studies 1. US History – Living and working together in families and communities, now and long ago (NSS-USH.K-4.1) 2. History/Culture – Understanding the history of peoples of many cultures around the world (NSS.USH.K-4.3) o Mathematics 1. Compute fluently and make reasonable estimates (NM-NUM.3-5.3) 2. Formulate questions that can be addressed with data and collect, organize and display relevant data to answer (NM-DATA.3-5.1 3. Select and use appropriate statistical methods to analyze data (NM-DATA.3-5.2)

### • Essential Core Content:

Social Studies: The history of archery. Students will understand, analyze and interpret historical events, conditions, trends and issues to develop historical perspective. o History is a series of connected events, shaped by cause and effect relationships, tying the past to the present.

o As early hunters and gatherers developed new technologies, they settled into organized civilizations.

Strategies for archery safety : Using safety strategies in archery activities reduces the possibility of injury.

o Archery skills and techniques: Techniques (including practice and self-evaluation) are used to develop skills related to performance in games and/or sports. o Principles of motor skills refinement such as accuracy, technique and movement require a logical and sequential approach.

Character Development through Archery : Physical, emotional and social benefits can be gained from regular participation in leisure/recreational and/or competitive physical activities.

o Communication, cooperation, rules and respect are important to the effective functioning of groups. o

Behaviors such as constructive communication, fulfilling commitments and cooperation show respect and responsibility to self and others.

Mathematical Concepts through Archery : Basic mathematical concepts can be addressed, taught and real-life connections formed through the use of archery.

- Organizer: How can I be “on target for life” through developing skills for, and participating in, the sport of archery?
- Essential Questions:
  - o How do I participate in archery in a safe and responsible manner?
  - o How do I successfully perform archery skills?
  - o How does participation in archery activities promote my character development?
  - o How does participation in archery activities enhance my physical, emotional and social well-being?
- Enabling knowledge
  - o Safety strategies

- o Archery equipment
- o Archery techniques
- o Basic shooting form
- o Archery rules
- o Scoring procedure
- o Archery etiquette and sportsmanship
- o Archery history
- o Physical, social and emotional benefits of archery

- Enabling skills and processes:
  - o Research skills
  - o Listening skills
  - o Observation skills
  - o Hand-eye coordination
  - o Refinement of motor skills
  - o Self-evaluation
  - o Following directions
  - o Scoring
  - o Skill improvement through practice
  - o Effective group participation
  - o Communication skills
  - o Cooperation skills
  - o Practicing responsibility and respect