

Teaching Ideas **Archery Classes** **Hit the**

Target



Shawn Roney
Manatee Elementary
Palm Beach County Schools
2014 *SHAPE* Florida Elementary
Physical Education Teacher of the Year

My professional growth in the area of Health and Physical Education is never ending. As a teacher for over 18 years, I am always researching for new and exciting games, activities and ways to earn my students' attention. In the past few years I have added Dance Dance Revolution, Rock Climbing, Student Fitness Room, Pedometers and Heart Rate Monitors, Wii dancing and gonoodle.com. This past summer, my colleague and I attended a Basic Archery Instructor Training given by NASP (National Archery in the Schools Program). This enabled us to implement archery classes for our afterschool clubs and during PE. in 4th and 5th grades.



The program introduces archery as a fun lifetime sport that can be played by both girls and boys. Students are taught how modern archery equipment works, shooting techniques, the 11 steps to archery success and using the bow and arrows appropriately and safely. The act of shooting the bow can improve upper body strength, grip strength, muscular endurance, eye-hand coordination, flexibility and the importance of learning how to concentrate.

The archery equipment used in NASP is highly standardized to be safe, durable, economical and a universal fit for every student. In NASP the learning process of shooting is stressed far more than arrow scores. The Genesis bow, the bow used in all of their trainings and must be used in schools, is adjustable from 10-20 pound in draw strength weight. Students are taught how to shoot at international 80 centimeter target faces and at distances of 5 to 15 meters depending on their success level and age.

What does a typical class look like?

After learning the basics of how to hold a bow, the safety concerns and the 11 steps to archery success, the teacher uses videos and hands on learning from day one. Children first learn how to use a basic string bow and then learn how to aim and use their dominant eye for shooting at a target. Very quickly the students are using real full length aluminum arrows and Genesis bows. The instructor sets up cones and quivers at certain distances along with the archery equipment. They work in small groups with a teacher who is using hand gestures and whistle commands to keep their attention, safety and when to begin and stop. Students succeed very quickly and many move on to higher competition. It might seem that this can be a dangerous activity for young students, but the training the new instructors receive is truly a systematic approach that works well. NASP has a perfect safety rating of which they are proud and wish to continue.

Why do P.E. educators and administrators like this program?

The curriculum meets state and national educational standards. Archery is also a sport in which nearly everyone can be successful regardless of age, size or physical ability. Statics show that school archery programs engage more students in the educational process and improve classroom performance and attendance rates.

Why do parents and teachers like the program?

It appeals to different age groups, levels and both genders. Kids who are not typically athletic can succeed in the class and in competitions. Kids get outdoors more often and usually this leads to them having a more fit and healthy lifestyle.

Everyone knows that children learn in different ways. In order for them to learn, we have to get them alert and interested in the subject matter. We also have to hold the children and the kids accountable in class. By using the scoring system, the students are able to see their progress and improve on a daily basis.

How can you become an instructor or start a program?

Teachers who are interested must complete an 8 hour NASP basic archery instructor program then have it approved by their district and risk management offices. They must also buy the recommended NASP and Genesis equipment. If you have questions about this, you can email me, shawn.roney@palmbeachschools.org or visit: <http://www.naspschools.org>



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