

Session Plan – Cross Bows

Key Stage: 2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
To learn how to shoot a bow and arrow To improve understanding of Cross Bow technique Encourage and support others Improve numeracy	Enjoyment Confidence and Character Activity Skills Skills for Life Broadened Horizons

Suggested session format:

	Duration:	Activity	Resources
Session Preparation:		<ul style="list-style-type: none"> Activity area and equipment pre check Check group information – any medical needs, special requirements, group size etc. 	Activity Operating guidelines
Start/ Safety Talk	10 mins	<ul style="list-style-type: none"> Welcome & activity introduction. Set the scene – think about group and what they wish to achieve. Consider learning outcomes of group and individuals and reviewing thereof during the session Safety brief- introduce equipment highlight relevant safety points as listed in activity operating guidelines. Explain safety, waiting and shooting lines Demonstrate proper technique 	
During the Session:	45 mins	<ul style="list-style-type: none"> Supervise each participant first shot Observe technique and provide 1-1 coaching where necessary for those requiring assistance. Introduce cross bow games to facilitate learning process. Provide group participants with continuous development/ encouragement of new and existing skills. Rotate participants so that all people have a go. Ensure safety throughout. Encourage all participants Be enthusiastic! Challenge the confident participants appropriately 	
Extension Activities:		<ul style="list-style-type: none"> Competitions 	

Review:	5 mins	<ul style="list-style-type: none">• Confirm any learning that may have taken place.• Ensure equipment is stored securely and range left ready for next group.• Report any incidents/faults to office or line manager.	
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