

Session Plan – Soft Archery

Key Stage: 2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
To learn how to shoot a bow and soft arrow. To improve understanding of archery 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 i.e., all persons must wear an arm brace when participating. • Explain safety, waiting and shooting lines • Demonstrate proper technique 	
During the Session:	45 mins	<ul style="list-style-type: none"> • Supervise each participants first shot • Observe technique and provide 1-1 coaching where necessary for those requiring assistance. • Introduce archery 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 	Bows/ Arrows/ Arm Guards

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. 	