

Middletown Scope & Sequence

Subject Area: High School Physical Education

Standards

Key Ideas/ Major Understandings/Performance Indicators/Competencies

Course Description: In this unit students will learn proper skill execution of shooting an arrow in the sport of archery.

I. Topic/Unit of Study: Archery

High School Physical Education Standard 1: Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea 1a: Perform basic motor and manipulative skills; attain competency in a variety of physical activities and proficiency in a few select, complex and sports activities

Performance Indicators:

1 A: Demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area

*Proper grip, stance, and balance

*Techniques of "knocking", "drawing", and "aiming"

*Release and follow through techniques

2 A: Establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities

*Students are able to demonstrate proper grip and "knocking" techniques

*Students are able to demonstrate fundamentally sound "drawing" techniques

*Students are able to demonstrate a smooth release and proper follow through technique

3 A: Make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs

*Students can relate the importance of balance in archery to every day tasks

*Students will understand the relationship between aiming and release to hand eye coordination

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Key Idea 1b: Design personal fitness programs to improve cardiorespiratory endurance, flexibility muscular strength, endurance, and body composition

Performance Indicators:

1 B: Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities

*Students will use the skill knowledge learned and apply it to the execution of shooting the arrow

2 B: Know the components of personal wellness (nutrition and weight control, disease prevention, stress management, safety, and physical fitness), establish a personal profile with fitness/wellness goals, and engage in appropriate activities to improve their fitness

*Students will understand how skill related fitness standards apply to and enhance the proper archery techniques

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3 B: Follow a program that relates to wellness, including weight control and stress management

*Students will identify archery as a lifelong physical activity

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High School Physical Education Standard 2: A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and Healthy environment

Key Idea 2a: Demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication

Performance Indicators:

1 A: Know the potential safety hazards associated with a wide variety of games and activities and are able to prevent and respond to accidents

*Students will understand spacial awareness
*Students will be able to identify safety guidelines and how they apply to large group activities
*Students will be able to identify the difference between safe and unsafe equipment
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2 A: Demonstrate responsible personal and social behavior while engaged in physical activities
*Students are made aware of potential injuries caused by inappropriate behaviors
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3 A: Accept physical activity as an important part of life. Self-renewal, productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health care costs are understood as benefits of physical activity
*Students identify archery as a lifelong activity
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Key Idea 2b: Be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants
Performance Indicators:
1 B: Create a positive climate for group activities by assuming a variety of roles
*Students will be able to identify fundamentally correct and incorrect skill execution by their peers
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2 B: Understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities
*Students are taught to recognize and react to potentially dangerous situations
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High School Physical Education Standard 3: Resource management Understand
and be able to manage their personal and community resource.

Key Idea 3a: Be aware of and able to access opportunities available to them within their community to engage in physical activity

Performance Indicators:

1 A: Recognize their role as a concerned and discriminating consumers of physical activities programs and understand the importance of physical activity as a resource for everyone regardless of their age or ability

*Students will be able to identify community resources such as the archery range at Gander Mountain

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Key Idea 3b: Be informed consumers and be able to evaluate facilities and programs

Performance Indicators:

1 B: Recognize the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community

*Students recognize archery as a lifelong activity

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Key Idea 3c: Be aware of some career options in the field of physical fitness and sports

Performance Indicators:

1 C: Identify a variety of career opportunities associated with sports and fitness and understand the qualifications, educational requirements, and job responsibilities of those careers

*Students are made aware of possible employment opportunities associated with archery such as professional archer

