

# Archery In The Schools

*Elise Tooker*

*Sussex County Charter School for Technology*

<https://goo.gl/OKM8XJ>

# Goals

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*Physical Education Class: Archery Unit Goals include:*

- Educating students on the history of archery and components of the bow and arrow
- Fundamentals of archery
- Promotion of self awareness and discipline
- Developing good character traits and confidence
- Developing social skills which can be used to communicate and interact
- Create a fun and safe environment



# Objectives

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*By the end of the unit, students will be able to:*

- Participate in archery in a safe and responsible manner
- Successfully perform archery skills
- Participation in archery activities promote my character development
- Participation in archery activities enhance my physical, emotional and social well-being
- Figure out which is my dominant eye to determine if a right-handed or left handed bow is needed.
- Use the string bow tool to improve his/her archery skills
- Identify the 11 Steps to Archery Success
- Explain the meanings of range lines and whistle blasts?

# Description of how Archery in the schools will meet the needs of the students:

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- Sussex County Charter School for Technology is located in the rural Sussex County, New Jersey.
- Making it an ideal home to many farmers, hunters, and people who enjoy the great outdoors.
- Due to our schools location and the type of community and families our students are raised in, archery is very common in both hunting and recreational use.



# How does Archery in the schools relate to NJCCC Standards?

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National Archery in The Schools Program: Basic Archery Education covers New Jersey Core Curriculum Content Standards along with National Health and Physical Education Standards. Standards include; as followed

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle

- A. Personal Growth and Development
- D. Safety

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle

- A. Interpersonal Communication
- B. Decision-Making and Goal Setting
- C. Character Development





- A. Movement Skills and Concepts
- B. Strategy
- C. Sportsmanship, Rules, and Safety

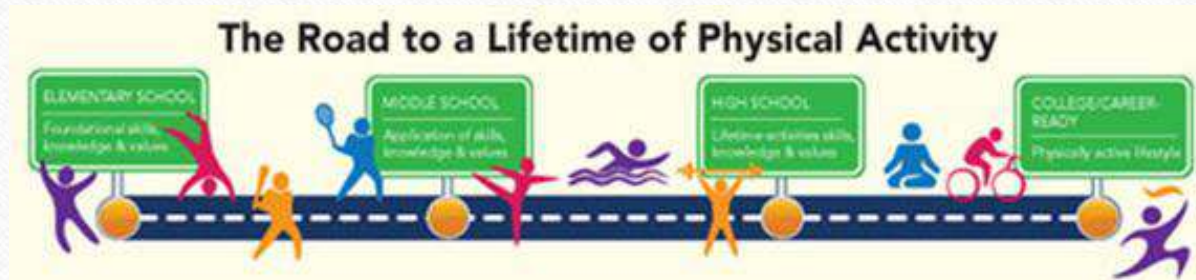
- A. Fitness and Physical Activity



# National Standards for Physical Education

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- 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 health-enhancing level of physical fitness (NPH.K-12.4)



# Continuation...

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- 5. Understands the social and personal responsibility associated with participation in physical activity (NPH.K-12.5)
- 6. Demonstrates understanding and respect for differences among people in physical activity settings (NPH.K-12.6)
- 7. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NPH.K-12.7)





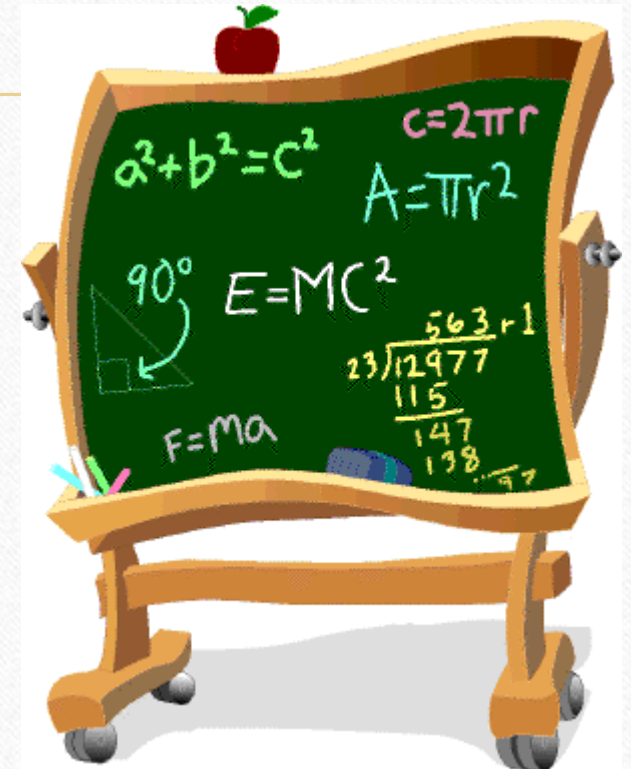
# Social Studies Standards

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- 1. US History – Understands comparative characteristics of societies in the Americas that increasingly interacted after 1450 (NSS-USH.5-12.1)
  - 2. History/Culture – Understanding the biological and cultural processes that gave rise to the earliest human communities (NSS.USH.5-12.1)
  - 3. History/Culture – Understanding major global trends from 1750 to 1914 (NSS.USH.5-12.7)



# Mathematics Standards

- 1. Understand numbers, ways of representing numbers, relationships among numbers and number systems (NM-NUM.9-12.1)
- 2. Judge the effects of operations such as multiplication and computation powers on the magnitudes of quantities (NM-NUM.9-12.2)
- 3. Judge the reasonableness of numerical computations and their results (NM-NUM.9-12.3)
- 4. Apply appropriate techniques, tools and formulas to determine measurements (NM-MEA.9-12.2)
- 5. Formulate questions that can be addressed with data and collect, organize and display relevant data to answer (NM-DATA.9-12.1)





# Continuation...

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- 6. Select and use appropriate statistical methods to analyze data (NM-DATA.9-12.2)
- 7. Develop and evaluate inferences and predictions based upon data (NM-DATA.9-12.3)
- 8. Understand and apply basic concepts of probability (NM-DATA.9-12.4)
- 9. Create and use representations to organize, record and communicate mathematical ideas (NM-PROB.REP.PK-12.1)

# Grant Award Recipient for School's Archery Program

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- Received Grants from:
  - New Jersey Association of Health, Physical Education, Recreation and Dance(NJAHPERD) \$ 1,000
  - New Jersey Fish and Wildlife \$750
  - The Appalachian Bowman's Club of Sussex County \$ 500
  - United Bow Hunters of New Jersey \$ 250
  - Traditional Archers of New Jersey \$ 250
  - Guttyankers Organization \$100





# National Archery in the Schools Program

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[Link to Second PowerPoint \(NASP\)](#)

# Mini Lesson 1: Eye Dominance

- Let's figure out what your dominant eye is for shooting a bow!
- ***Left eye dominant:*** Holds the bow in the right hand and pulls the bowstrings back with their left hand
- ***Right eye dominant:*** Holds the bow in the left hand and pulls the bowstrings back with right hand.





## Mini Lesson 2: Bowstring and Proper Hold

- Let's see how Bowstrings work!

[Bowstring Link](#)

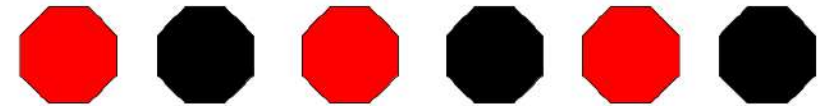
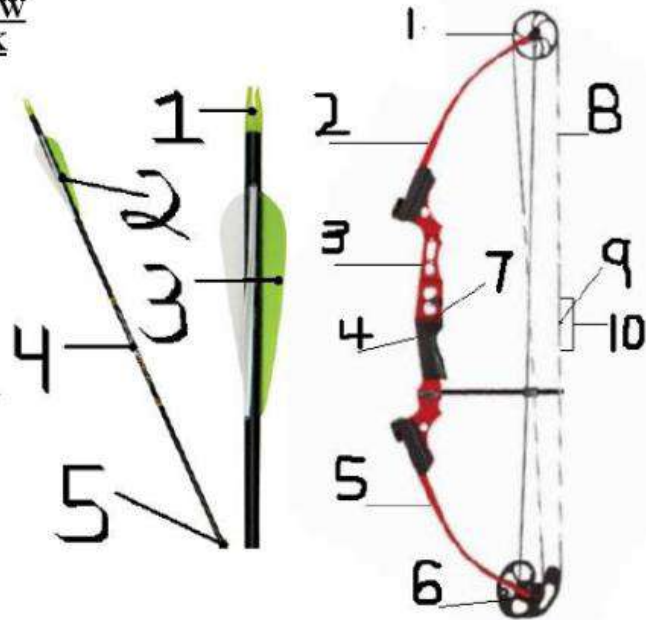


# Mini Lesson 3

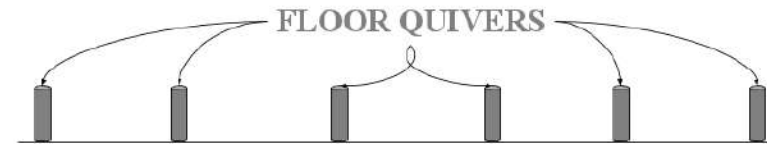
## Equipment and Range

### BOW & ARROW WORD BANK

WHEEL  
BOWSTING  
VANES  
UPPER LIMB  
NOCK LOCATOR  
INDEX VANE  
BOW GRIP  
ARROW REST  
CENTER SERVING  
SIGHT WINDOW  
SHAFT  
LOWER LIMB  
CAM  
NOCK  
POINT



RETRIEVING LINE



SHOOTING LINE



BOW BOX

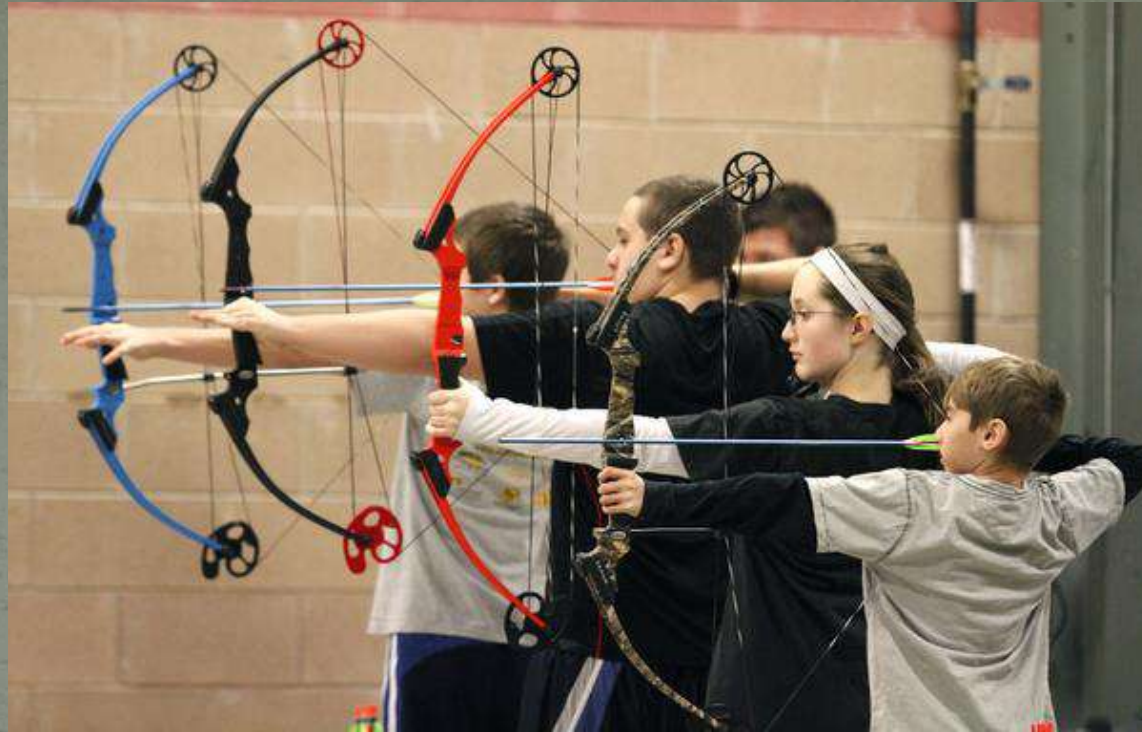
WAITING LINE



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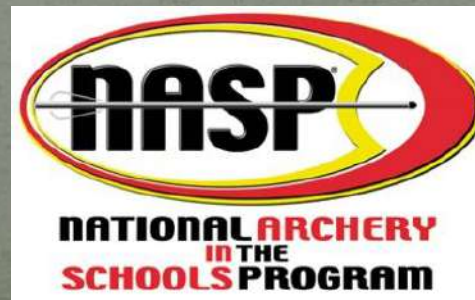
NJAHPERD

Mini Grant



# National Archery in the Schools Program

## Melissa Woerner and Katie Ischinger





# NASP Guiding Principles

- Taught in PE classes as in-school curriculum
- Extended to scout groups, summer camps, after school programs, etc.
- Grades 4-12
- Aligned with national PE standards
- Standardized equipment
- Presented by trained teachers
- SAFETY, SAFETY, SAFETY!!!!



# Why Archery?

- Students of all physical ability levels, gender, ethnicity, and background can excel
- Puts athletes and non-athletes on a level playing field
- Boys and girls can participate together
- Archery is a life sport





# Data show that NASP improves:

- Student attendance
- Behavior
- Discipline
- Focus
- Self-esteem



# Who Participates in NASP?

- In the 2014-2015 school year: more than 2.23 million students participated in NASP
- To date, more than 15 million students have participated in NASP
- Larger than Little League baseball
- 3x larger than lacrosse
- 25% high school, 37% middle school, 38% elementary school





# NJ Participation in NASP

2005-2011: 49 organizations enrolled in NJ

In the past four years (2012-2015), we have conducted 113 Basic Archery Instructor trainings throughout New Jersey, adding:

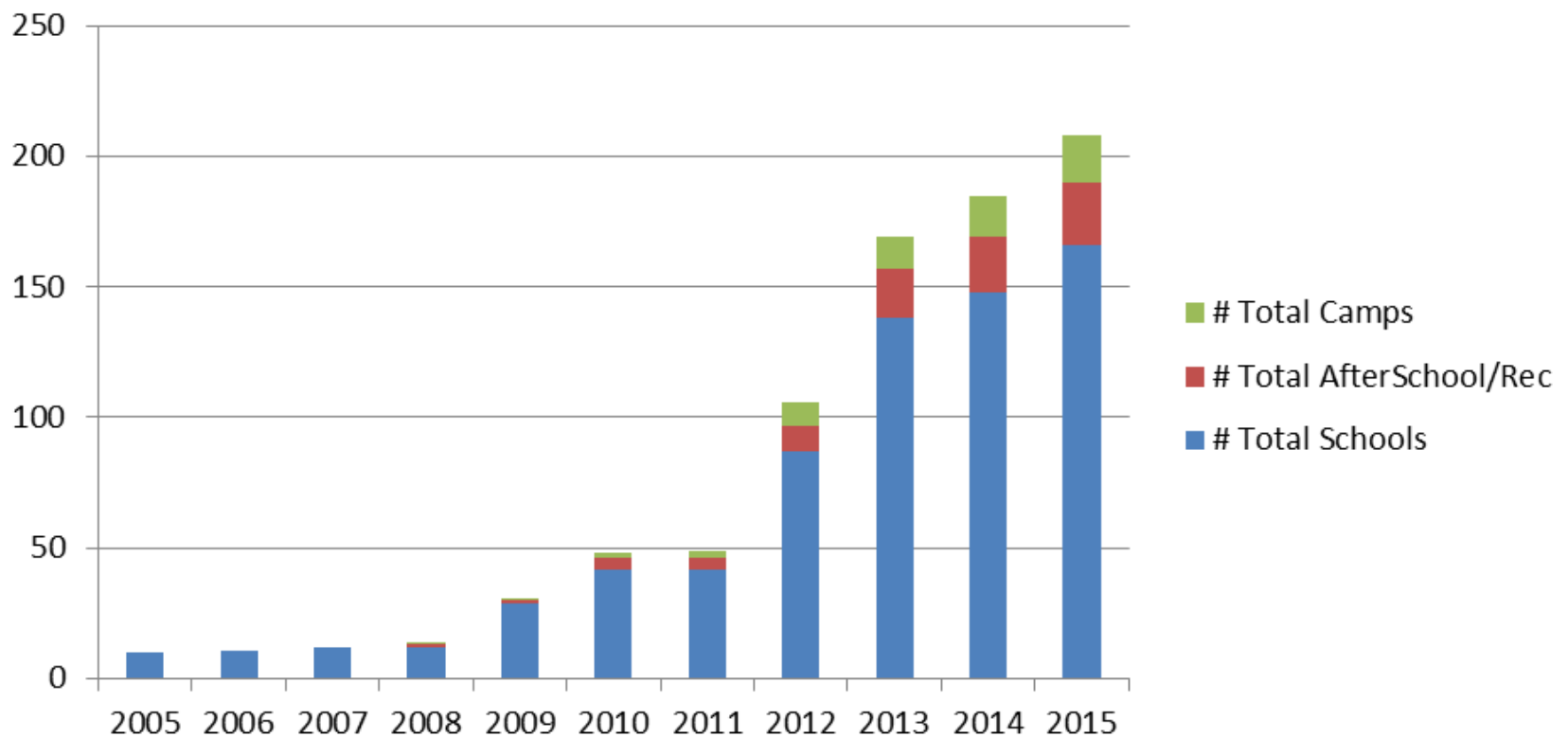
- 789 new Basic Archery Instructors
- 124 new schools
- 15 new camps
- 20 new after-school/recreation programs



Adding total of 159 new organizations!

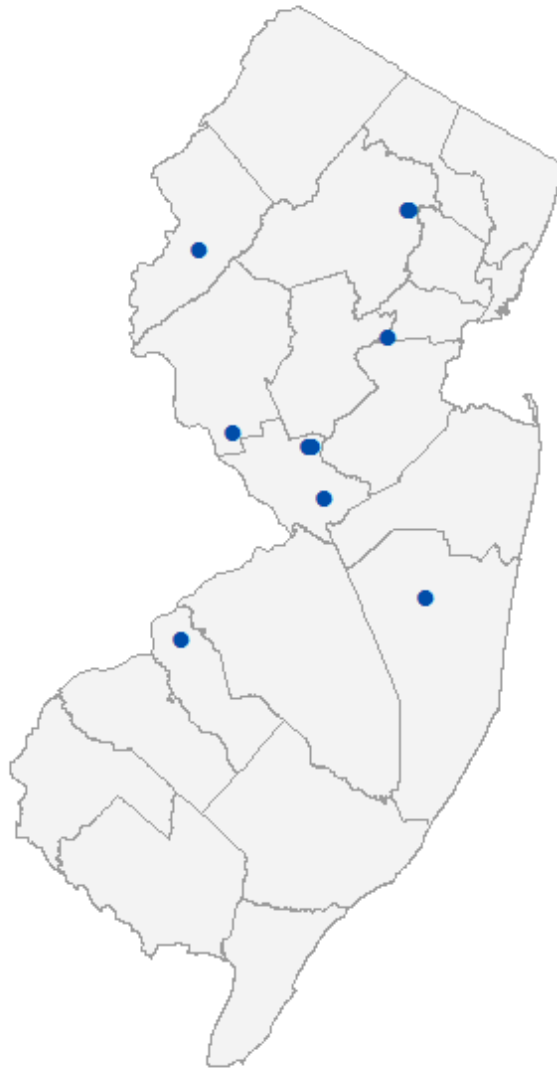
# NJ Participation in NASP

There are now over 200 organizations in NJ trained in NASP=425% increase in past 4 years





# NASP Schools in New Jersey 2005-2015



# Online map of NASP organizations

ArcGIS - NASP Participants in NJ

Details

Basemap

Share

Print

Measure

Find address or place

About

Content

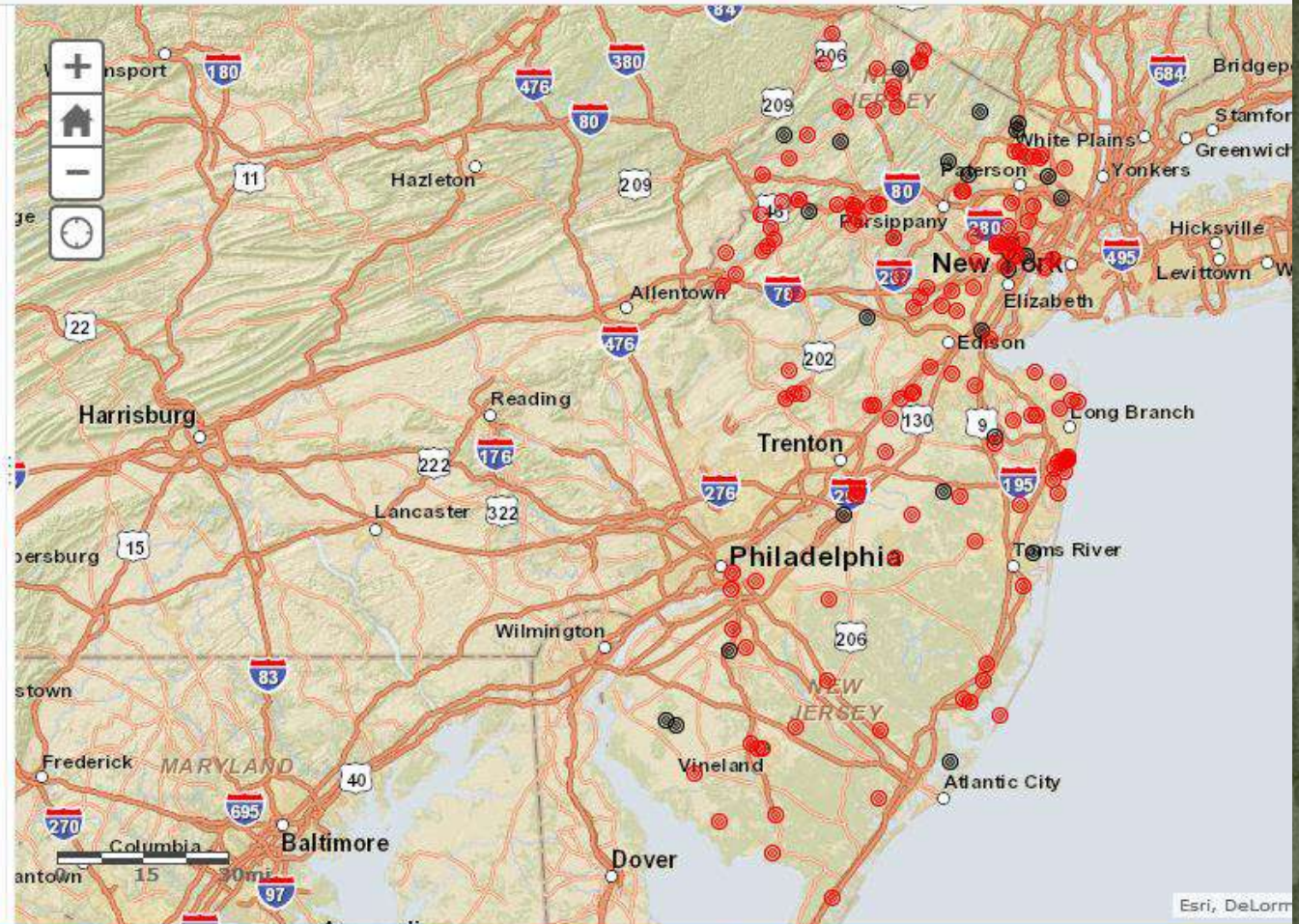
Legend

Legend

NASP Schools in NJ



NASP Non-Schools in NJ





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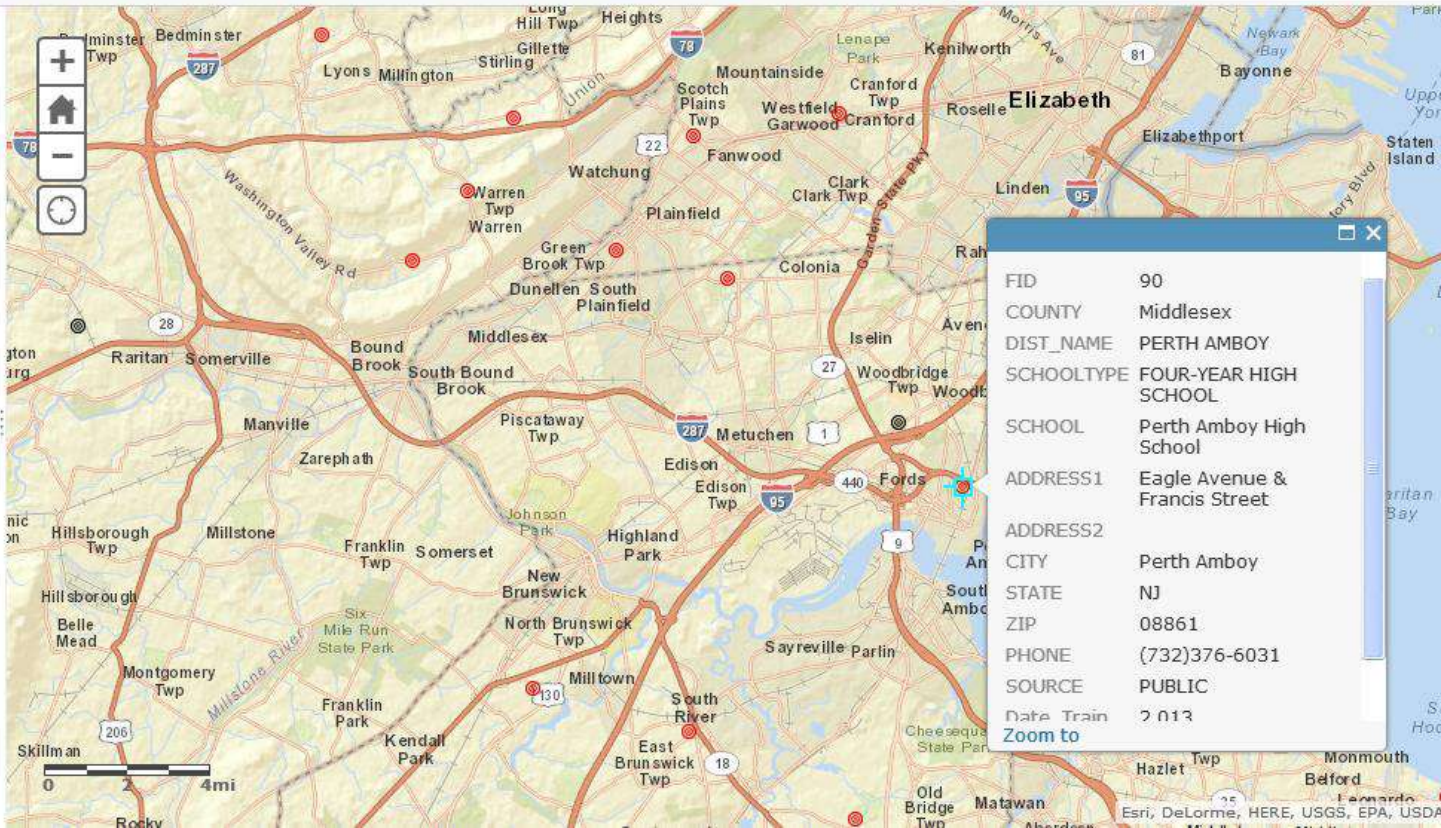
Content

Legend

Legend

NASP Schools in NJ

NASP Non-Schools in NJ





# Tournaments

- Regional tournaments (started in 2015)
- State tournament (every spring)
- National tournament (May in Kentucky)
- World tournament (July in Myrtle Beach)





# 2014 NJ NASP State Tournament

- 1<sup>st</sup> live state tournament shoot in NJ
- 179 archers participated from 10 schools





# 2015 National Tournament



12,045 Students

45% Female

42 States

\$105,000 in scholarships awarded

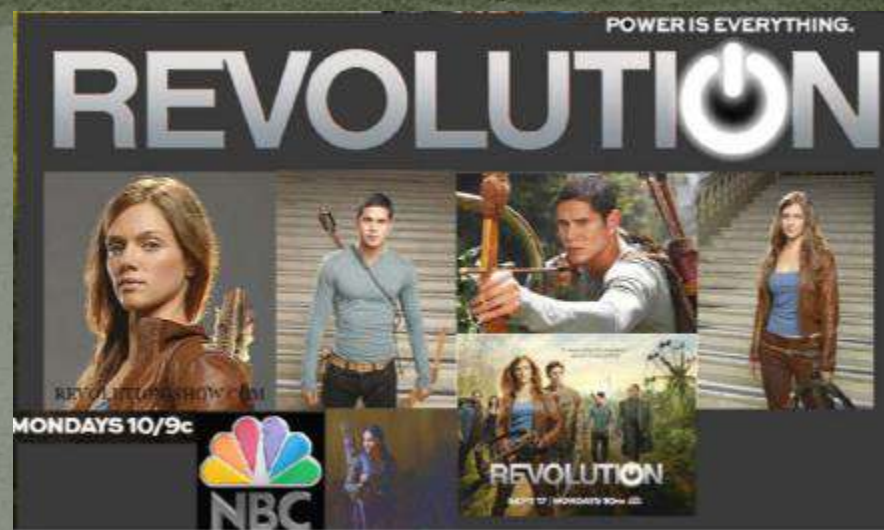


# Is Archery Relevant?



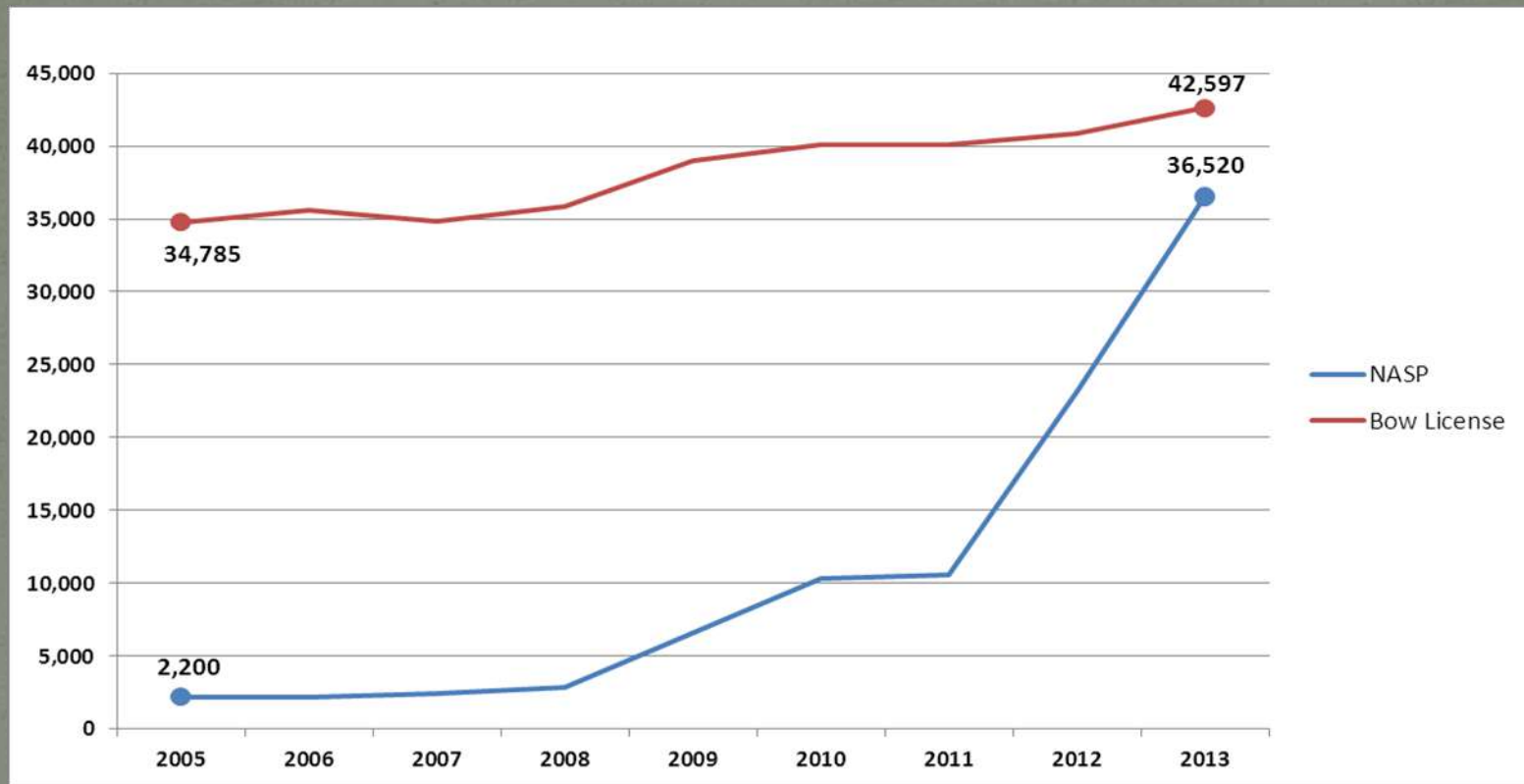
- *The Hunger Games: Catching Fire* released November 2013
- Highest grossing domestic film in 2013
- 1<sup>st</sup> film to top the yearly box office with a female lead since 1973's *The Exorcist*







# Archery's Increasing Popularity in New Jersey



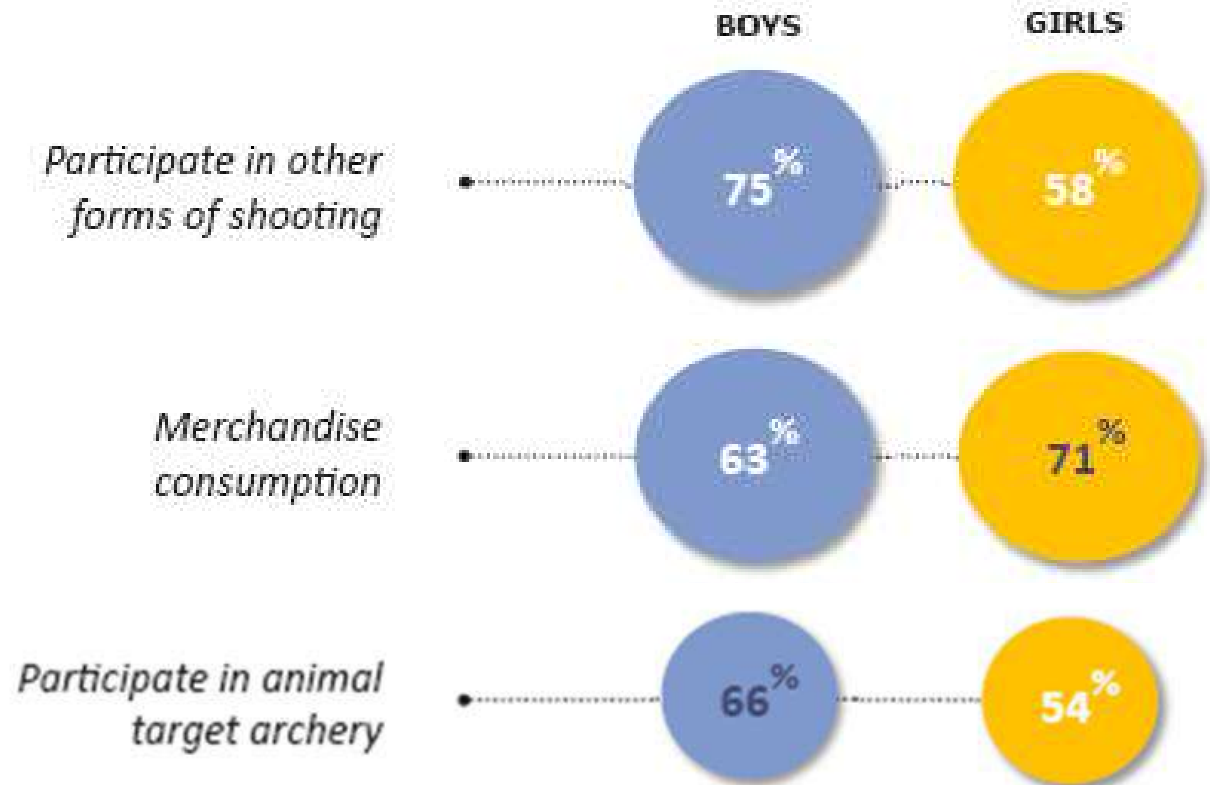
- 23% increase in bow hunter certifications from 2012-2013

# NASP Survey

- Survey of 3433 NASP archers from 35 states

## *Archery participation outcomes:*

*%s represent those who answered agree and definitely agree*





## ***Since participating in NASP®:***

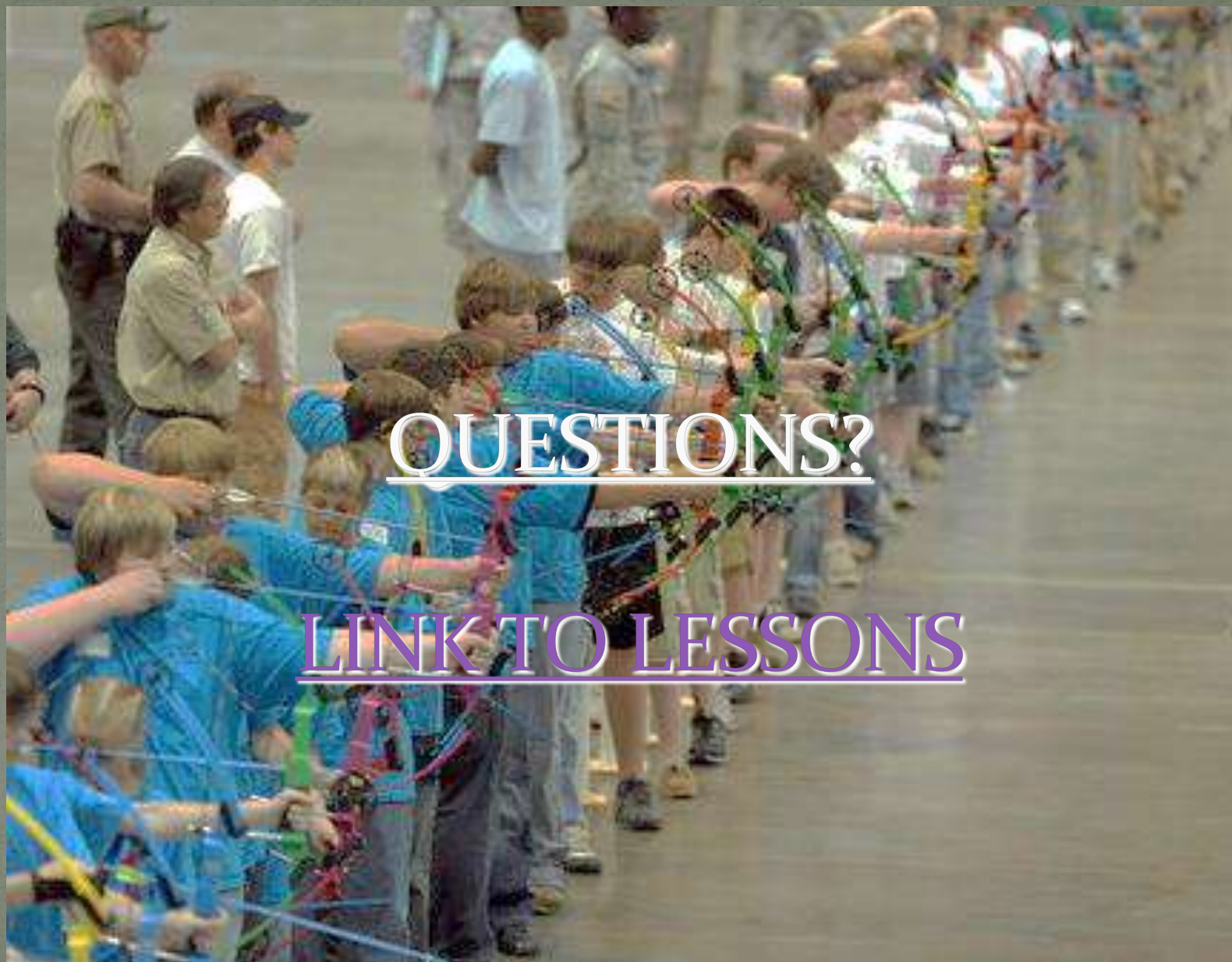
*%s represent those who answered agree and definitely agree*

<u>Shooting interest</u> has gone up	<b>61%</b> (M=3.63 )
<u>Talk</u> about hunting more	<b>49%</b> (M=3.21)
<u>Think</u> about hunting more	<b>44%</b> (M=3.08)
Purchased a hunting license*	<b>20%</b> (M=2.65)
*Already had a license	<b>20%</b> (n=648)
*Definitely <u>will</u> purchase	<b>16%</b> (n=520)
*Definitely <u>will not</u> purchase	<b>50%</b> (n=1603)

- People across America are inspired to learn archery, especially youth
- Archery increases interest in other shooting sports and boosts merchandise sales
- NASP can provide youth with the opportunity to learn archery!







QUESTIONS?

LINK TO LESSONS