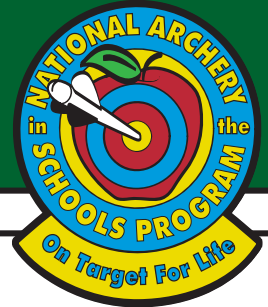


Alabama's Archery in The Schools Program



Not everyone can
dunk the ball,
tackle, or run fast.
However, as a
young lady from
Hubbertville School
said, "I can do
this!"

A partnership to promote a physical education curriculum entitled, "Archery On Target for Life" was developed by the Alabama Department of Education and the Division of Wildlife & Freshwater Fisheries. As a result of this partnership, two schools in each of Alabama's eight state school board districts were able to implement the two week archery curriculum.

Designed to teach Olympic-style archery to 5th- 8th grade students, core content covers archery history, safety, technique, equipment, mental concentration, and self-improvement. Before presenting the 2-week archery course, teachers undergo a 12-hour National Archery Association Level I archery-training program.

Students shoot at bullseye targets placed in front of an arrow resistant net in their gymnasium. Equipment used is state-of-the art and designed to fit every student. Thanks to support from the archery industry, the \$4,800 equipment "kits" can be purchased by schools for \$2,350.

Teachers report:

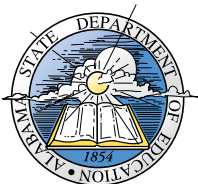
- Students are enthusiastic about learning archery.
- Students behavior and attendance is improved on archery days.
- Students that historically resisted PE class are eager to participate in archery.
- Students who excel in archery class are not only the stereotypical athletes.

"Floyd Middle Magnet School pursued implementation of the National Archery in Schools Program to introduce students to one of many outdoor recreational activities. It is beneficial to introduce students to life skills such as archery, hiking, boating, camping, fishing, and rock climbing. These activities can be pursued throughout a lifetime by people of all physical stature and abilities. In a time when obesity is at an all time high among our young people, we welcome another venue of healthy physical activity for our students."

Ron Ashley, Physical Education Teacher, Floyd Middle Magnet School - Montgomery, AL

"The Wildlife and Freshwater Fisheries Division is extremely pleased teachers and students have enthusiastically embraced Alabama's National Archery in Schools Program. Archery is a lifetime skill suitable for everyone. We welcome the opportunity to assist in implementing this program throughout Alabama."

Corky Pugh, Director - Alabama Division of Wildlife and Freshwater Fisheries



To learn more about the program and to make this physical education curriculum available to your student body, call Ray Metzler @ 1-800-245-2740 or email rmetzler@dcnr.state.al.us



Archery is a Safe Activity

In its "Injury Facts 2002 Edition," the National Safety Council reports archery is a more accident-free recreational sport than most common sports such as;

- Baseball/Softball
- Basketball
- Football
- Golf
- Tennis
- Volleyball
- Racquetball
- Ice or Roller Skating
- Swimming

SPORTS AND RECREATION INJURIES

Baseball and football still accounted for more than 40% of emergency department visits in 2000.

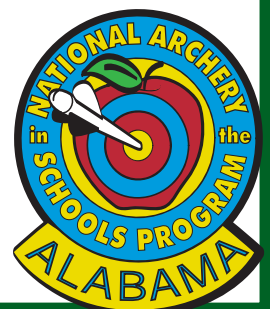
The table below shows estimates of injuries treated in hospital emergency departments and prevented by archery and other sports. The number of injuries prevented by archery is based on the number of participants in archery who were injured in other sports. The number of injuries prevented by archery is based on the number of participants in archery who were injured in other sports. The number of injuries prevented by archery is based on the number of participants in archery who were injured in other sports.

Sport	Number of Participants	Number of Injuries	Number of Injuries Prevented by Archery
Baseball/Softball	1,000,000	10,000	10,000
Basketball	5,000,000	5,000	5,000
Football	1,000,000	10,000	10,000
Golf	10,000,000	1,000	1,000
Tennis	10,000,000	1,000	1,000
Volleyball	5,000,000	5,000	5,000
Racquetball	5,000,000	5,000	5,000
Ice or Roller Skating	5,000,000	5,000	5,000
Swimming	10,000,000	1,000	1,000
Archery	1,000,000	1,000	1,000



Most school insurance policies recognize the safety of archery by providing coverage in existing contracts.

The executive director of *the National Alliance for the Development of Archery* reports there has never been an archery accident in a school program.



Archery Unit of Study

Most school systems require certain content to be taught in a course of unit of study to meet certain educational requirements before teacher and student time and resources can be spent presenting the material. Schools want to make sure subject materials are relevant and contributes to the overall educational performance of the student and the school itself.

“Archery: On Target for Life”

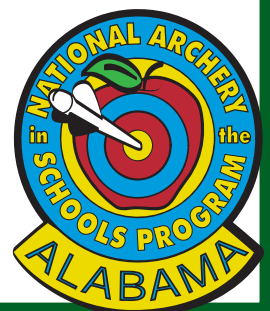
Industry partners and curriculum writers from the Kentucky Department of Education collaborated to develop this unit of study.” It contains Academic Expectations and Core Contents for Assessment required by state regulation to be taught in Physical Education. It also has suggestions for integrating the program with other core content in social studies, mathematics, visual arts and English/language arts.

This unit has been organized for two weeks of archery instruction with great interdisciplinary connections that focus on the history, physical, emotional and social benefits of participating in archery activities. *Archery: On Target for Life* addresses the safety strategies, skills and techniques of archery necessary to participate in and enjoy the sport as a lifetime activity. The activities, enhancements and time frames are easily adapted to meet specific student, classroom, and school needs. The safety procedures and instructional guidelines for teaching archery were adopted from National Archery Association outlines. Furthermore, within the unit, there is a section for teaching archery to students with disabilities. This enables students with multiple disabilities to participate in archery activities.

Two weeks of lesson include:

- Academic Expectations based on National Physical Education Standards
- Essential Core Content for interdisciplinary connections.
- Organizers
- Essential Questions
- Enabling Knowledge and Enabling Skills and Processes
- Scoring Guides/Rubrics

Teachers across the state love the students’ journal entries, open-ended questions, and scoring guides. This is a field tested unit that meets all the requirements for State and National Standards for Physical Education.



Archery Equipment



Equipment used must be safe, one-size-fits-all, modern, durable and affordable.

Compound Bow

Using a compound bow is not essential to teach archery; however, it is easier for the instructor to demonstrate proper use. This bow is easier for the student to handle than a recurve or longbow. The compound bow does not have to be strung and unstrung and it is generally more compact than “traditional” equipment. Furthermore, students enjoy using up-to-date equipment.

Not all compound bows are well suited for this program. The bow must have a universal draw length to fit the physical size range of 5th-9th grade students. If the bow’s draw range is only a few inches, more bows will be needed to assure proper fit for each student. The “Genesis” bow is well suited for this program because it is designed so that each bow fits every student.

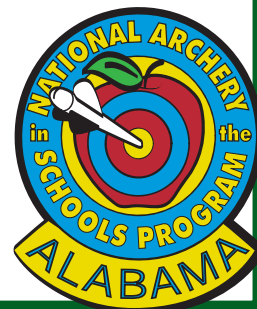
The standard set of bows used in Alabama schools consists of 10 right and one left-handed bow.

Arrows

Arrows for this program should be “full-length” rather than cut to fit individual students. It is better that the arrow be too long than too short. Most full-length arrows are 31 inches long and able to accommodate students of varying size.

Arrows should be equipped with plastic vanes rather than feathers for durability. One of the three vanes should be a different color as an index for proper placement on the bow rest. Arrow nocks should “pinch” on the bowstring without falling off. The arrow should be tipped with target points.

The arrow’s shaft should be aluminum rather than wood, fiberglass, graphite, or carbon. While other shaft materials are popular and may perform well, the aluminum shaft is durable, not prone to breakage, and unlikely to produce splinters. The Kevlar net backstop used in this program is better able to stop aluminum arrows than carbon arrows.



Archery Equipment



Target

The wide appeal of this program is attributed to the “Olympic-style” target archery format. A 36-inch foam circle target butt with a replaceable center core has been designed for the program. A multi-colored bullseye scoring face (1-10 point rings) is integral to the target butt. This target with its metal rack is convenient, stops arrows well, easy for students to pull arrows from, simple to score, and the replaceable core is affordable. Whatever target and stand are used, care must be taken to protect gym floors.



Backstop Net

A 30-foot long Kevlar backstop net is hung a few feet behind the targets to help catch errant arrows. The net is usually supported by basketball or volleyball net poles.

Floor Quivers

Arrows await use in floor quivers constructed from PVC pipe on wooden bases.

Equipment Storage

Most schools have equipment storage closets for PE classes. To assure that archery equipment is secure, protected, and convenient to access, a lockable equipment box has been designed for the program. This lockable wooden box (provided by the Alabama Division of Wildlife & Freshwater Fisheries to each school enrolled in the NASP.) will store 12 bows, several dozen arrows, 8 floor quivers, and the Kevlar net. This box serves as a bow rack when class is in session. The National Alliance for the Development of Archery can also provide an alternative plastic box to store these equipment items.



Teacher Training



The school archery program uses the existing National Archery Association (NAA) training system and it's more than 1,000 instructors to train schoolteachers. This 12-hour program covers archery history, safety, shooting form, equipment, and competition formats. The NAA is the governing body for archery in the Olympic Games. It also has the most comprehensive and safety oriented coaching program in the United States.

Although certification of instructors doesn't relieve the school's liability entirely, it does give the instructor the backing of a major certification organization if an issue arises regarding archery safety. It should be noted that there has never been a documented archery injury in a school program.

Delivering the Training

When a school is considering enrolling in the program the NAA training requirement is emphasized. Training logistics are usually as follows:

- Training sessions are scheduled regionally as needed.
- To promote reality, training is usually hosted in the gym of an enrolling school.
- Teacher travel and substitution costs are covered by the school district.
- It is not uncommon for a school to send 2-3 teachers to the training.
- The Alabama Division of Wildlife & Freshwater Fisheries provides the NAA level I training manual and certification card for all workshop participants.
- In Alabama, Division of Wildlife & Freshwater Fisheries personnel are certified trainers (NAA Level II) and conduct the NAA Level I workshops to interested physical education teachers.

