William Plotner

Technology Lesson Plan

**Lesson Title**: Recording our Achievement in Archery!!

**Content Area**: Physical Education Archery

**Grade Level**: 7th grade

**NETS standard**:

-Research and Information Fluency: Students apply digital tools to plan, organize and gather information, in order to be able to inquire, analyze, organize and evaluate information.

**NASPE standards**:

-Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

-Exhibits responsible person and social behavior that respects self and others in physical activity settings.

**Content Background**:

-Students will have learned the procedures of the archery unit to ensure safety. They will have already individually tested out in Archery and have shot in large groups safely.

**Objectives:**

-Students will demonstrate competency with the Flip Cameras by being able to successfully record their partner and the equipment from the side view while they shoot.

-Students will accurately evaluate their performance of Archery shooting by analyzing their cues and technique from the video recording and completing the handout on Archery shooting cues.

-Students will respect others and the equipment by being quiet and respectful during shooting and by being careful with the equipment.

**Materials**:

-10 Flip Cameras with tripods

-Archery Equipment (bows, arrows, targets, cones, taped lines, etc)

-Copy of Self-Assessment handout for each student

**Procedures:**

Students will be seated in groups of three. During instruction and demonstration, students will practice using the camera so they can turn the camera on, zoom in and out, record, stop, play, delete and turn camera off.

I will demonstrate how to correct record a student performing archery shooting by having a student shoot while I record. I will run through the step by step verbal commands I will be giving for everyone to be on the same page.

Students will have three roles, observer/arrow retriever, archery shooter, camera person. They will rotate through the jobs. I will have poly spots on the floor for where the camera person stands while shooting so they get a good shot of the person and their archery bow. After the round of shooting, the camera person will hand off the camera to the shooter and the two will watch the recording and evaluate using the handout given. The third person in the group will retrieve the arrows and place them back in the quivers to setup for the next round of shooting. When all students are done with their handout, we will switch roles.

**Assessment**:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day/Period Grade \_\_\_\_/12

Directions: Today, you will shoot five arrows while being recorded by a peer. The following have been demonstrated and are the focus of your shooting. After practice, try to include the correct technique during shooting. When you are reviewing the recording, complete this paper accurately by assessing what you see on the video compared to the cues taught in class.

Stance: Stance is shoulder width apart with the front foot open at a 45 degree angle. (2pts)

\_\_\_\_\_\_\_\_ Always \_\_\_\_\_\_\_\_Sometimes \_\_\_\_\_\_\_\_\_\_\_ Never

Anchor: Bow hand is at the same height at the bow hand shoulder when pointing at target. (2pts)

\_\_\_\_\_\_\_\_ Always \_\_\_\_\_\_\_\_Sometimes \_\_\_\_\_\_\_\_\_\_\_ Never

Anchor: Bow string hand is anchored to side of face. (2pts)

\_\_\_\_\_\_\_\_ Always \_\_\_\_\_\_\_\_Sometimes \_\_\_\_\_\_\_\_\_\_\_ Never

Follow Through: String hand follows through straight back toward the back wall. (2pts)

\_\_\_\_\_\_\_\_ Always \_\_\_\_\_\_\_\_Sometimes \_\_\_\_\_\_\_\_\_\_\_ Never

Comments: (What did you do well, what could you have done better?) (4pts)

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**Inclusion**:

-Modify equipment (loosen bow, use different bow)

-Teacher/Para-educator assist when shooting and/or recording.

-Simplify self-assessment or change it to a peer assessment.