



Arrow-Dynamics

A combination of an introduction to archery skills and land-based group dynamic activities.

Duration: Full day

Curriculum Reference: Physical Education

Grade: 6-8

Minimum Supervision Requirements: 1 teacher and 1 additional supervisor

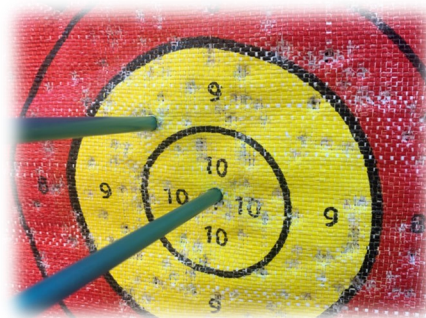
Learning Objectives:

1) To introduce and improve on basic archery skills while following the steps of safe archery.

2) Introduce students to a variety of group dynamic (team building) activities that will help them develop social-emotional learning skills needed to foster overall health and well-being, positive mental health, and the ability to learn, build resilience, and thrive as a member of a team/society.

Big Ideas:

- How do we safely and successfully shoot an arrow at a target?
- How do we create a positive working environment amongst peers?
- What is a healthy way to manage emotions in the face of a frustrating task?
- What is the best way to share my ideas? How well do I listen to others?
- What can we learn from the process, not just the outcome of a task?



Sample Itinerary

(Times will vary based on bus charter timing)



10:00am	Students arrive	Welcome chat, washroom break, snack
10:30am	Rotation 1	Half the class will work with a GLOC instructor to learn the basics of archery. The other half of the class will work with their teacher to try and complete a series of group dynamic challenges.
12:00pm	Lunch	Return to GLOC. Have lunch.
12:30pm	Rotation 2	Groups will switch activities from the morning.
2:00pm	Clean up, Depart	Final washroom break and snack. Bus departs (2:30)