|  |  |
| --- | --- |
| **Archery Club Week 6 – Brave / Robin Hood Week** | |
| **Session Objectives** – To use our imagination in the activities | |
| **Warm Up** – 10 Minutes  Capture the flag | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body. | |
| **Main Activity** – 35 Minutes | |
| Robin Hood– 20 Minutes  Use yellow cones as gold coins. Attach an arrow to each teams number 10 and leave the “coins” attached to the board.  The Sheriff has all the gold coins and to take them back for your team you must hit the board and can then take a coin. The team with the most points win.  Quickdraw – 15 Minutes  Speed shooting- Not about what score you hit but how quickly you can load and fire.  First arrow to hit the board wins | Progression- If Sheriff sees person stealing his gold he will put that person in Jail. You can pay coins to get team members out jail.  Start with arrow on floor next to bow  Progress to bow and arrows being in different locations  Progress to giving points for accuracy as well as speed |
| **Cool Down and Debrief –** 5 Minutes  Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.  Ask questions – What have you learnt today? What have you enjoyed today?  Award a certificate.  Dismiss children from designated area. | |