

What should I already know?

- The importance of safe practice when taking part in any physical activity.
- The effects warming up and cooling down before and after exercise has on my body.

Gems of Knowledge

Procedural Knowledge -

- Know how to position my body to develop my balance and aim.
- Create tension through pulling and control.

Declarative Knowledge -

- Concentrate to develop a specific aim,
- Awareness of others and my surrounding.



Amazing Adventurers!








Bear Grylls



Steve Backshall

FOCUS - Archery

Vocabulary

<p>Aim - pointing and directing your arrow to where you want it to go.</p>		<p>Bow - The piece of equipment that releases the arrow.</p>	
<p>Target - What you are aiming for.</p>		<p>Tension - Holding your muscles in a specific way to increase your control and aim.</p>	
<p>Control - Being careful and precise with your actions.</p>		<p>Compete - Playing against others to win!</p>	