Archery Level 3 - Lesson Plan

Key Points to Cover:

1 – Muscle strength

2 – Stance

3 – Muscle control

4 – Bow hand should not grip the bow

5 – Consistent anchor position

6 – Back tension and release

Supplies Suggested:

Bring in a bow and demonstrate each.

Activities to Reinforce Lesson:

Have the kids demonstrate each.

Devotion: