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| **Outdoor Education Plan** |
| **Lesson Focus – Making a Bow and Arrow**  |
| **Year Group - Years 4,5 & 6** | **Term - Three** | **Date – Week 15.2.16** |
|  | **Outline** | **Curriculum Links/****Learning Objectives** | **Health and Safety considerations** | **Equipment** |
| **Session Procedures** | **Before** - Check for rubbish, glass, hazards. Check weather forecast**During –** Remind children about looking after their eyes.**After** – clear everything away and return any natural objects to their original place**Clean hands.**  | **I can do a clove hitch****I can identify at least 2 of the sticks in the hedgerow****I can improve the design of my Bow** | Wash hands after touching outside objectsRemind the children about how sharp some sticks can be and to be careful of brambles and stinging nettles.Remind children to be careful not to let the sticks fly out of their hands and go in someone else’s eye.Wear safety googles to protect eyes when shooting arrows if deemed necessary. | Hazel sticksWillow sticksStringScissors |
| **Introduction and Activity Opportunities** | **Registration Activity – Navigation using the Sun work sheet (co-ordinates)****Starter activity – Introduce and learn how to tie a clove hitch.****Main Activity** **Skills*** Tying a clove hitch
* Testing and adjusting the bow to make the arrow fly further.

Demonstrate to the class how to attach the string to each end of the stick using a clove hitch (we need to reuse the string and sticks so all knots must be removed at the end)Demonstrate how to hold the bow and arrow and how to shoot from the bow.Give very clear instructions on how we must be incredibly careful not to shoot at people and equally must not walk in front of a loaded bow. When we are working with sticks it is everyone’s responsibility to make sure that no one gets hurt including yourself.Test the bows and arrows on the playground and end up with a competition to shoot the furthest. | **Vocabulary** |
| HazelClove HitchWillow |
| **Plenary** | What do you think effected the distance that the arrow would fly?What would you change next time?How does your technique effect how far the arrow flies? (It is an Olympic sport) | **Evaluation** |