

2006 年 體育教師暑期學校 教學工作坊

A. 基本資料

課程名稱: (中文)	中學箭藝教學班
(英文)	Archery Workshop for secondary school teachers
編號:	W3
日期:	7 月 20, 21, 25 及 26 日
時間:	0800 – 1500
地點: (中文)	荃灣城門谷運動場
(英文)	Shing Mun Valley Sports Ground
對象:	在職中學教師
名額:	20 人

B. 導師

導師名稱: (中文)	林兆棠
(英文)	Mr. Lam Siu Tong
資歷/ 簡介: (中文)	三級射箭教練, 高級射手
: (英文)	Level III Archery Coach, Advance Archer of HKAA

C. 課程概要

課程大綱 (中文)	本課程分爲八節, 共十六小時. 內容包括: 安全守則 器材認識, 器材使用 熱身方法 哨子訊號 射箭方法 射箭技巧 計分方法 箭的蛇行 比賽器材的認識 比賽方法及規則 香港射手等級及註冊方法
(英文)	This course contains eight practical sessions totally sixteen hours. The following are the course contents: - Safety - Equipment identification

- Drawing

10. Mimicking basic form (prevent unnecessary injuries)
11. Release practice
12. **Practice** (shooting arrows at **7m** target)
13. Arrows removal safety and procedures
14. Method of aiming – point of aim
15. More practice and form corrections (shooting arrows at 8m target)
16. Questions and answers
17. Cool-down, unstring bows and pack equipment.

Session 2 *Basic - Form*

1. Roll call
2. Target set-up
3. Equipment set-up – stringing a bow by the step-through method
4. Warm up/Stretch
5. Review of shooting signals
6. Demonstration (review of the basic shooting form)
 - Stance
 - Nocking an arrow
 - String fingers
 - Bow hand placement
 - Drawing
 - Anchor
 - Aiming
 - Release
 - Follow through
7. Mimicking basic form (prevent unnecessary injuries)
8. **Practice** (shooting arrows at **9m** target)
9. Review of arrows removal safety and procedures
10. The basic shooting form – **Stance / String fingers / Bow hand placement / Drawing**
11. More practice & form corrections (shooting arrows at 9m target)
12. Method of aiming – by **bow sight** – sight adjustment and its effect
13. More practice & form corrections (shooting arrows at 9m target with bow sight)
14. Questions and answers
15. Cool-down, unstring bows and pack equipment

Session 3 *Basic - form 2*

1. Roll call
2. Target set-up
3. Equipment set-up – stringing a bow by the step-through method
4. Warm up/Stretch
5. Review of drawing and the shooting form
6. Demonstration (review of the basic shooting form)

- Stance
- Nocking an arrow
- String fingers
- Bow hand placement
- Drawing
- Anchor
- Aiming
- Release
- Follow through

7. **Practice** (shooting arrows at **11m** target with bow sight)
8. More about the shooting form – **Anchor / Release / Follow through**
9. More practice and form corrections (shooting arrows at 11m target)
10. Questions and answers
11. Cool-down, unstring bows and pack equipment

Session 4 *Accuracy*

1. Roll call
2. Target set-up
3. Equipment set-up – stringing a bow
4. Warm up/Stretch
5. Review of the anchor and the shooting form
6. Demonstration (review of the basic shooting form)
 - Stance
 - Nocking an arrow
 - String fingers
 - Bow hand placement
 - Drawing
 - Anchor
 - Aiming
 - Release
 - Follow through

7. **Practice** (shooting arrows at **13m** target with bow sight)
8. Method of aiming – **the sight picture**
9. More practice and form corrections (shooting arrows at 13m target)
10. Questions and answers
11. Cool-down, unstring bows and pack equipment

Session 5 *Scoring*

1. Roll call
2. Target set-up
3. Equipment set-up – stringing a bow by the step-through method
4. Warm up/Stretch
5. Review of aiming
6. Demonstration (review of the basic shooting form)
 - Stance
 - Nocking an arrow
 - String fingers
 - Bow hand placement
 - Drawing
 - Anchor
 - Aiming
 - Release
 - Follow through

7. **Practice** (shooting arrows at **13m** target with bow sight)
8. More about the shooting form – the shooting sequence
9. More practice and form corrections (shooting arrows at 13m target)
- 10. Scoring**
11. Scoring practice (shooting arrows at 13m target)
12. Questions and answers
13. Cool-down, unstring bows and pack equipment

Session 6 *Paradox !!*

1. Roll call
2. Target set-up
3. Equipment set-up – stringing a bow by the step-through method
4. Warm up/Stretch
5. Review of shooting sequence
6. Demonstration (review of the basic shooting form)
 - Stance
 - Nocking an arrow
 - String fingers
 - Bow hand placement
 - Drawing
 - Anchor
 - Aiming
 - Release
 - Follow through
7. **Practice** (shooting arrows at **15m** target with bow sight)
8. More about the equipment – the intermediate archery equipment
- 9. Archer's paradox**
10. More practice and form corrections (shooting arrows at 15m target)
11. Questions and answers
12. Cool-down, unstring bows and pack equipment

Session 7 *Challenge*

1. Roll call
2. Target set-up
3. Equipment set-up – stringing a bow by the step-through method
4. Warm up/Stretch
5. Review of anchor, aiming and follow through
6. Demonstration (review of the basic shooting form)
 - Stance
 - Nocking an arrow
 - String fingers
 - Bow hand placement
 - Drawing
 - Anchor
 - Aiming
 - Release
 - Follow through
7. **Practice** (shooting arrows at **15m** target with bow sight)
8. Introduction to HKAA archer registration system

9. Introduction to archery tournament
10. More practice (sighting for competition)
11. Questions and answers
12. Cool-down, unstring bows and pack equipment

Session 8 *Competition*

1. Roll call
2. Target set-up
3. Equipment set-up – stringing a bow by the step-through method
4. Warm up/Stretch
5. Review of the rules of competition
6. Demonstration (review of the basic shooting form)
 - Stance
 - Nocking an arrow
 - String fingers
 - Bow hand placement
 - Drawing
 - Anchor
 - Aiming
 - Release
 - Follow through
7. **Practice** (shooting arrows at **15m** target with bow sight)
8. Sighting for competition
9. **Competition** 15m/122cm
10. Presentation
11. Questions and answers
12. Cool-down, unstring bows and pack equipment