

The Chinese University of Hong Kong, P.E. Unit

Archery (Elective) Course Content

Week No.	Lesson one	Lesson two
1	<ol style="list-style-type: none"> 1. Introduction of class 2. Introduction of the course 	<ol style="list-style-type: none"> 1. Introduction of the archery equipment and maintenance 2. Setting up the bow and arrow 3. Shooting procedures & aiming target
2	<ol style="list-style-type: none"> 1. Shooting procedures & aiming target 2. Rule of shooting 3. Target Setup 4. Target shooting in 7 meters 	<ol style="list-style-type: none"> 1. Rule of shooting 2. Target shooting in 7 meters
3	Target shooting in 10 meters	Target shooting in 10 meters
4	<ol style="list-style-type: none"> 1. Use of sight 2. Target shooting in 15 meters 	<ol style="list-style-type: none"> 1. Use of sight 2. Target shooting in 15 meters
5	<ol style="list-style-type: none"> 1. Rule of the Games 2. Target shooting in 15 meters 	<ol style="list-style-type: none"> 1. Rule of the Games 2. Target shooting in 15 meters
6	<ol style="list-style-type: none"> 1. Introduction of Re-curve bow full setting 2. Target shooting in 18 meters 3. Individual corrections 	<ol style="list-style-type: none"> 1. Introduction of different kind of arrows 2. Target shooting in 18 meters 3. Individual corrections
7	<ol style="list-style-type: none"> 1. Introduction and demonstration of compound bow shooting 2. Target shooting in 18 meters 3. Individual corrections 	<ol style="list-style-type: none"> 1. Scoring system 2. Target shooting in 18 meters 3. Individual corrections
8	<ol style="list-style-type: none"> 1. Mock competition(Individual) 2. Target shooting in 25 meters 	<ol style="list-style-type: none"> 1. Mock competition(Team) 2. Target shooting in 25 meters
9	<ol style="list-style-type: none"> 1. Target shooting in 25 and 30 meters 2. Individual corrections 	<ol style="list-style-type: none"> 1. Target shooting in 25 and 30 meters 2. Individual corrections
10	Target shooting in 25 meters (18 arrows in 3 rounds with the rhythm of 4 minutes)	Target shooting in 25 meters (18 arrows in 3 rounds with the rhythm of 4 minutes)
11	<ol style="list-style-type: none"> 1. Mock Examination 2. Target shooting in 18 and 25 meters (18 arrows in 3 rounds with the rhythm of 4 minutes) 	<ol style="list-style-type: none"> 1. Mock Examination 2. Target shooting in 18 and 25 meters (18 arrows in 3 rounds with the rhythm of 4 minutes)
12	Shooting Examination	Shooting Examination
13	Shooting Examination	Written Examination and course evaluation