



## After School Programme Proposal **ESSENTIAL SPORTS - ARCHERY**



### Essential Sports Promises to:

1. Maintain high standards of learning in a professional manner.
2. Supply a competent instructor to govern lessons. Administer lessons to our structured lesson guidelines. Present pupils with a complete portfolio at the end of the programme.
3. Continually assess the needs of pupils. Personal report each Semester.
4. Friendly matches ( Invite or visit the other school ) & Tournament

### Programme Details:

Name of Program:

**Essential Sports - ARCHERY**

Duration:

1 hour per week. Minimum 7 students

Level:

**UPPER PRIMARY - SECONDARY**

### THE OBJECTIVES TRY TO ACHIEVE

| TERM I           |  |
|------------------|--|
| PHYSICAL TARGET  | <ul style="list-style-type: none"> <li>• Anatomy Adaptation, Position hand and legs</li> <li>• Increase The Hands and Legs power</li> <li>• Mengetahui posisi badan, kaki dan tangan untuk permulaan.</li> <li>• Belajar untuk menegenai target dan kontrol</li> </ul> |
| TECHNICAL TARGET | <ul style="list-style-type: none"> <li>• Mastered The beginner Movements in a Court</li> <li>• Knowing The Rules And Regulations of Archery</li> <li>• Mengetahui peraturan standart dari olahraga panahan</li> </ul>  |

Regards,

Ms. Egie Mara Astina

*Essential Skills, Steps and Sports*



**Essential Skills**  
Steps & Sports

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