



### Daily Overview

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
<b>Week 1</b>	Introduction Parts of Arrow Safety Talk	Safety Quiz Arrow Sizing How to score	Bow Lesson - 9 step technique	Locker room procedures How to get equipment Shoot 1 arrow Review how to retrieve	Cardio Day
<b>Week 2</b>	<u>Day 6</u> How to replace broken arrow.  Shoot 3 arrows.	<u>Day 7</u> How to use arm guards How to use finger tabs  Shoot 5 arrows.	<u>Day 8</u> Peer analysis of technique  Shoot 5 arrows.	<u>Day 9</u> Review scoring  Aiming strategies.	<u>Day 10</u> Cardio (10 min)  Written Test
<b>Week 3</b>	<u>Day 11</u> Scoring Contest Starts	<u>Day 12</u> Scoring Contest Continues	<u>Day 13</u> Scoring Contest Continues	<u>Day 14</u> Scoring Contest Continues	<u>Day 15</u> Cardio (15 min)  Awards

**DATE:** \_\_\_\_\_

**EQUIPMENT:** 8 arrows, 1 bow,  
overhead projector, overhead of study guide,  
study guide/worksheets (1 per student)

**UNIT:** Archery

**Day:** 1

**LOCATION:** Media Center or classroom

**STANDARDS:**

**OBJECTIVE:** To demonstrate understanding of safety rules/procedures of archery.  
To identify parts of the arrow and understand how it interacts with the bow.

<b>ACTIVITIES</b>	<b>GUIDANCE INSTRUCTIONS</b>
<p><b>Intro:</b> Archery is an activity which cannot be done without strict safety rules and procedures. We need to learn these rules before handling any equipment. We also need to learn the parts of the arrow and how it acts with the bow to understand how to shoot.</p>	<p>Ask students how many have done archery before. Insist that they must be on their best behavior. Anyone goofing around will not be shooting.</p>
<p><b>Fitness:</b></p>	
<p><b>Lesson Focus:</b></p> <p><b>Safety</b> Distribute study guides. Show overhead of safety rules. Read and discuss.</p> <p><b>Parts of the Arrow</b></p> <p>Show overhead of arrow diagram. Explain each part. Students fill in descriptions on their study guide.</p>	<p>Demonstrate when appropriate to help explain concepts.</p> <p>Place one arrow on each table of students as a visual aid</p>
<p><b>Closure:</b> Students point to or touch parts of the arrow (on their table) as teacher names them.</p> <p>Instruct students to look over their study guides tonight to prepare for a safety quiz tomorrow.</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** overhead projector, overhead of quiz,  
6-8 yard sticks, class roster, overhead of scoring

**UNIT:** Archery **Day:** 2 **LOCATION:** Media Center or classroom

**STANDARDS:** 5PA-E2, 5PA-E3, 7PA-E3, 7PA-E2

**OBJECTIVES:** To demonstrate understanding of safety rules/procedures of archery.  
To correctly measure arm length to determine arrow size.  
To learn how to score points in archery target bullseye shooting.

<b>ACTIVITIES</b>	<b>CUE PHRASES/INSTRUCTIONS</b>
<p><b>Intro:</b> Today we will take a safety quiz, measure your arms for arrow sizing, and go over how to score points when shooting at a bullseye target.</p>	
<p><b>Fitness:</b></p>	
<p><b>Lesson Focus:</b></p> <p><b>Safety</b> Show overhead of safety quiz. Have students write answers on their own papers.  Have students exchange papers and correct the quiz  Teacher collects quizzes and saves.</p> <p><b>Arrow Sizing</b> Teacher demonstrates how to measure arm length using yardstick. Place zero end at bottom of arm pit. Extend arm out and measure to the tip of middle finger. Write score down next to your name on the class roster.</p> <p><b>Scoring</b> Show overhead of target diagram and explain scoring.</p>	<p>Read questions out loud if needed.</p> <p>Ask students for the correct answers.</p> <p>It is very important that all students prove they understand the safety rules. These quizzes are excellent documentation. Absent students should be given the study guide and quiz to do at home and not be allowed to shoot until this is done.</p> <p>24" or less will use small arrows 25-26 inches will use medium arrows 27-28 inches will use large arrows 29" or more will use x-large arrows</p>
<p><b>Closure:</b> Students recall point values of target sections when prompted by teacher.</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** Bows (one per student)  
List of students divided into 6 groups

**UNIT:** Archery **Day:** 3 **LOCATION:** Wrestling room or outside court area

**STANDARDS:** 1PA-E1, 1PA-E3, 1PA-E5, 7PA-E3, 7PA-E2

**OBJECTIVES:** To learn and demonstrate the proper steps involved in archery shooting, using only the bow.

<b>ACTIVITIES</b>	<b>CUE PHRASES/INSTRUCTIONS</b>
<p><b>Intro:</b> 90% of archery is technique (how you hold your body and use the bow). The rest is aiming and luck. Today we will focus entirely on bow technique.</p>	
<p><b>Fitness:</b> Jog for 3 minutes. Line up in 6 groups (open squad formation) as called out by teacher. Do upper body stretches lead by teacher.</p>	<p>Arm Circles and Wrist Circles With fingers laced, reach up, forward, &amp; to either side</p>
<p><b>Lesson Focus:</b></p> <p><b>Demonstration/Explanation:</b> Teacher shows steps involved in shooting while students sit and watch.</p> <p>Today, do not release string; return string to pre-draw position, place hand on anchor spot and do release without string. As discussed in safety rules, never release string unless shooting an arrow.</p> <p><b>Student Practice:</b> Students practice steps, guided by teacher commands. (Start by making sure bow is held right side up)</p> <p>If student is having trouble rotating arm, have a classmate hold closed fist of extended arm and help move elbow so arm rotates at shoulder joint.</p>	<p><b>Stance:</b> Sideways to target, good posture  <b>Nock:</b> Place arrow onto string (pretend today)  <b>Set:</b> Place fingers onto string, 1 above and 2 below arrow. Hand is flat and string in 1<sup>st</sup> groove of fingers.  <b>Pre-draw:</b> Raise bow so arrow points at target. Rotate elbow away from string.  <b>Draw:</b> Keep drawing elbow level with hand. Use shoulder and back muscles to pull string towards face.  <b>Anchor:</b> Touch string to center of chin and tip of nose. Index finger pushes against jaw bone  <b>Aim:</b> Close left eye (right handed archers) and line up arrow with target (pretend today)  <b>Release:</b> Relax fingers so string slips off them.  <b>Follow-through:</b> Fingers move back along face. Hold still until arrow hits target.</p>
<p><b>Closure:</b></p> <p>Teacher demonstrates incorrect techniques while students try to identify mistakes.</p>	<p>Examples of common mistakes:</p> <ul style="list-style-type: none"> <li>- Hips rotated forward or not level</li> <li>- Drawing elbow not level with hand</li> <li>- Fingers placed incorrectly onto string</li> <li>- String not touching chin and nose</li> <li>- Not holding still on follow-through</li> </ul>

**DATE:** \_\_\_\_\_ **EQUIPMENT:** 6 targets and stands, one cone (quiver) per student set along shooting line, one arrow per student, mobile supply cart and bucket of extra arrows, megaphone and whistle, class roster with arrow assignments listed numerically, clipboard with colored tape strips (replacement crests)

**UNIT:** Archery **Day:** 4 **LOCATION:** Locker room and outdoor playing field

**STANDARDS:** 1PA-E1, 1PA-E3, 1PA-E5, 7PA-E3, 7PA-E2, 5PA-E2

**OBJECTIVES:** To learn locker room procedures for getting equipment. To shoot one arrow towards the target successfully.

ACTIVITIES	CUE PHRASES/INSTRUCTIONS
<p><b>Intro:</b> Today we will learn how to get our equipment and practice shooting one arrow.</p>	<p>Before class, choose 2 students to be in charge of distributing arrows and train them how to do so. Post class roster with arrow number assignments.</p>
<p><b>Fitness:</b></p> <p><b>Lesson Focus:</b>  <b>Locker room procedures explanation:</b></p> <ol style="list-style-type: none"> <li>1. Get dressed out first.</li> <li>2. Look on posted list for arrow number and crest colors.</li> <li>3. Form 2 lines at window to get arrows. (Student aides will give you correct arrows)</li> <li>4. Go sit in roll call. Do not let anybody from the other classes handle your arrows.</li> <li>5. After roll, will go outside to shoot.</li> <li>6. At end of class, turn in arrows at window, telling student aides your arrow number.</li> </ol> <p><b>Equipment Distribution:</b></p> <ol style="list-style-type: none"> <li>1. Students line up to get 1 arrow today</li> <li>2. [1<sup>st</sup> period, assign 6 students (one per group) to take out bows]</li> </ol> <p><b>Outside procedures/shooting:</b></p> <ol style="list-style-type: none"> <li>1. Teacher assigns each group a target.</li> <li>2. Students place arrow in a cone opposite their target and meet teacher by equipment cart.</li> <li>3. Teacher demonstrates 9 steps, and shoots one arrow.</li> <li>4. Students line up and shoot one arrow following teacher's commands over megaphone.</li> <li>5. Students retrieve and wait to shoot again.</li> </ol> <p><b>Dismissal procedures:</b></p> <ol style="list-style-type: none"> <li>1. Place bows on ground next to cone and form single file line with arrows in hand. [Last period, assign one student per group to take in bows]</li> <li>2. Arrow aides leave 1<sup>st</sup> with keys to open window to equipment room.</li> <li>3. Teacher checks each student as they leave field to assess arrows (none missing or damaged).</li> </ol>	<p>Numbers 1-40 in one line. Numbers 41 up in other.</p> <p>Messing around with arrows = no shooting for the day.</p> <p>Do not change clothes until arrows are turned in. Do not just lay arrows on window ledge; wait to hand them to aide.</p> <p>- Arrow goes on the outside of the bow with the index feather facing out.  - Always load arrow with point toward ground.  - Hold arrow <u>gently</u> between 2 fingers and keep hand flat while drawing string back. Squeezing arrow or rolling fingers around string will cause arrow to fall off of arrow rest.  - Careful not to step on arrows in grass when retrieving!</p>
<p><b>Closure:</b> Review main reason why arrow falls off arrow rest while drawing back string (rolling fingers around string or squeezing nock of arrow).</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** Class roster, stopwatch, 200 craft/Popsicle sticks

**UNIT:** Archery **Day:** 5 **LOCATION:** Outdoor field or track

**STANDARDS:** 2PA-E2, 2PA-E3

**OBJECTIVES:** To jog/walk 5 or more laps around the track within 20 minutes.

<b>ACTIVITIES</b>	<b>GUIDE PHRASES/INSTRUCTIONS</b>
<p><b>Intro:</b> Archery develops muscular strength, but does nothing to increase cardiovascular fitness. Since cardio is the most important part of fitness, we need to take one day off from shooting each week to work on cardio. Today we will do a 20 minute run/walk.</p>	<p>Doing a variety of activities each week that include all areas of fitness is an important part of leading a healthy life.</p>
<p><b>Fitness:</b> Jog/walk for 3 minutes around basketball court. Stretch calves, hamstrings, quads</p>	<p>Always do a short, low intensity warm-up before going onto more vigorous activities.</p>
<p><b>Lesson Focus:</b> Students jog/walk 20 minutes around track, keeping count of number of laps completed, trying to complete at least 5 laps. (advanced students should try for 6 laps or more)</p> <p>Teacher hands out popsicle sticks to students as they complete each lap.</p> <p>At the end of 20 minutes, students line up alphabetically, turn in sticks while teacher records scores.</p>	<p>In order to do 5 laps in 20 minutes, what should be your average lap time? (4 minutes)</p> <p>Try pacing yourself with a strategy in mind</p> <ul style="list-style-type: none"><li>A) Walk curves, jog straights</li><li>B) Jog 2 straights and 1 curve, walk 1 curve</li><li>C) Jog continuously, walking one curve only when needed.</li></ul>
<p><b>Closure:</b> How many of you used a pacing strategy? Why did we do only cardio today?</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** 6 targets and stands, one cone (quiver) per student set along shooting line, 3 arrows per student, mobile supply cart and bucket of extra arrows, megaphone and whistle, clipboard with colored tape strips (replacement crests)

**UNIT:** Archery **Day:** 6 **LOCATION:** Outdoor playing field

**STANDARDS:** 1PA-E1, 1PA-E3, 1PA-E5, 7PA-E3, 7PA-E2, 5PA-E2

**OBJECTIVES:** To shoot and hit the target by performing the 8 step technique correctly. To learn the procedure of how to replace a broken arrow during class.

<b>ACTIVITIES</b>	<b>CUE PHRASES/INSTRUCTIONS</b>
<p><b>Intro:</b> Today we be shooting a series of 3 arrows in a row, retrieving, and shooting again. I'd like everyone to hit the target at least once today. We will also learn what to do if an arrow breaks.</p>	
<p><b>Fitness:</b> After placing arrows in cones, jog 2 laps around archery field. Meet at equipment cart and stretch out.</p>	
<p><b>Lesson Focus:</b></p> <p><u>Arrow replacement procedures explain and demo:</u> Before we shoot today, you need to know how to replace an arrow if it breaks somehow. First, take an arrow from the bucket, making sure it is the correct size. Take the crest (pieces of tape) off your broken arrow and transfer them to the new arrow. If the tape is not reusable, take a new piece from the clipboard. Place the broken arrow in the back of the brown cart so it doesn't get mixed in with the new ones.</p> <p><u>Shoot:</u> Shoot one end of 3 arrows. Teacher uses megaphone to talk students through 9 steps on 1<sup>st</sup> arrow. Students shoot at their own pace for remaining 2 arrows. Retrieve on command. Repeat until time is up.</p>	<p>Teacher demonstrates as she explains.</p> <p>Teacher monitors and assists students.</p>
<p><b>Closure:</b> When you replace an arrow, how do you know if you are getting the correct size? (colored tape by nock indicates size)</p>	



**DATE:** \_\_\_\_\_ **EQUIPMENT:** 6 targets and stands, one cone (quiver) per student set along shooting line, 5 arrows per student, mobile supply cart and bucket of extra arrows, megaphone and whistle, clipboard with colored tape strips (replacement crests)

**UNIT:** Archery **Day:** 7 **LOCATION:** Outdoor playing field

**STANDARDS:** 1PA-E1, 1PA-E3, 1PA-E5, 7PA-E3, 7PA-E2, 5PA-E2

**OBJECTIVES:** To shoot and hit the target by performing the 8 step technique correctly. To learn how to use arm guards and finger tabs.

ACTIVITIES	CUE PHRASES/INSTRUCTIONS
<p><b>Intro:</b> Do any of you have sore fingers from shooting? How about a bruised arm where the string hit it? Today we will learn how to use arm guards and finger tabs to protect those areas.</p>	
<p><b>Fitness:</b> After placing arrows in cones, jog 2 laps around archery field. Meet at equipment cart and stretch out.</p>	
<p><b>Lesson Focus:</b></p> <p><u>Arm guard/finger tab explain and demo:</u> Rotating your elbow should prevent the string from hitting your arm. For the times you forget the arm guard is a good protection. Place it on arm wherever string has a tendency to hit you.</p> <p>Finger tabs protect your fingers as you release the string. Wear it so the smooth side touches the string for a smooth release. If you are left handed, use the tabs from the baggie marked "L".</p> <p><u>Shoot:</u> Shoot one end of 5 arrows. Repeat until time is up.</p>	<p>Teacher demonstrates as she explains.</p> <p>If you use arm guards or finger tabs, remember to put them back in the correct location in the equipment cart when you are done.</p> <p>Teacher monitors and assists students.</p> <p>Advanced students who get done shooting early are encouraged to assist others in their group that are having difficulty.</p>
<p><b>Closure:</b> What side of the finger tab should touch the string, shiny or rough?</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** 6 targets and stands, one cone (quiver) per student set along shooting line, 5 arrows per student, mobile supply cart and bucket of extra arrows, megaphone and whistle, clipboard with colored tape strips (replacement crests), archery checklists and pencils (one for every 2 students)

**UNIT:** Archery **Day:** 8 **LOCATION:** Outdoor playing field

**STANDARDS:** 1PA-E1, 1PA-E3, 1PA-E5, 7PA-E3, 7PA-E2, 5PA-E2

**OBJECTIVES:** To shoot and hit the target by performing the 8 step technique correctly. To evaluate a classmate's shooting technique, giving feedback using a checklist.

ACTIVITIES	CUE PHRASES/INSTRUCTIONS
<p><b>Intro:</b> How many of you are having trouble hitting the target? Besides practice, how does a person improve shooting? How about a partner to watch you shoot, watch for errors and give suggestions? Today we are going to do just that.</p>	
<p><b>Fitness:</b> After placing arrows in cones, jog 2 laps around archery field. Meet at equipment cart and stretch out.</p>	
<p><b>Lesson Focus:</b> Sit with a partner from your group. Teacher hands out one checklist and pencil per pair.</p> <p><u>Checklist explanation:</u> One person will shoot a series of 5 arrows while the other says nothing, but watches closely for errors. Use checklist to mark an N next to problem areas.</p> <p>Choose one student to read aloud entire checklist while teacher demonstrates what it should look like.</p> <p><u>Shoot and Evaluate:</u></p> <ul style="list-style-type: none"> <li>- Shooter 1 shoots; partner watches</li> <li>- Discuss findings</li> <li>- Switch places and repeat</li> </ul> <p><u>Shoot and Assist:</u> Shooter 1 shoots; partner watches and gives clues to correct errors. Switch roles.</p>	<p>Hand in checklists and pencils at end of lesson.</p>
<p><b>Closure:</b> How many did better today? How many think the checklist and your partner helped? What were some common errors?</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** 6 targets and stands, one cone (quiver) per student set along shooting line, 5 arrows per student, mobile supply cart and bucket of extra arrows, megaphone and whistle, clipboard with colored tape strips (replacement crests),

**UNIT:** Archery **Day:** 9 **LOCATION:** Outdoor playing field

**STANDARDS:** 1PA-E1, 1PA-E3, 1PA-E5, 7PA-E3, 7PA-E2, 5PA-E2

**OBJECTIVES:** To shoot and hit the target by performing the 9 step technique correctly. To practice scoring. To discuss and practice aiming strategies.

ACTIVITIES	CUE PHRASES/INSTRUCTIONS
<p><b>Intro:</b> How many of you remember how to score? How many are having trouble aiming? Today we will discuss and review both.</p>	
<p><b>Fitness:</b> After placing arrows in cones, jog 2 laps around archery field. Meet at equipment cart and stretch out.</p>	
<p><b>Lesson Focus:</b>  <u>Scoring Review:</u> Review 5,4,3,2,1 method of scoring. Arrows that are on a line count for the higher score.</p> <p><u>Discuss Aiming:</u></p> <ul style="list-style-type: none"> <li>- close eye nearest bow arm</li> <li>- line up arrow with target</li> <li>- adjust where you line up the arrow on your next shot (if it missed left, aim to the right, etc)</li> <li>- make sure your technique is the same every time you shoot</li> </ul> <p><u>Shoot:</u> Shoot one end of 5 arrows. Count your total points each time. Repeat until time is up.</p>	<p>One slight change in stance, how far elbow is pulled back, where you anchor, etc. will cause arrow to fly differently.</p>
<p><b>Closure:</b>            Which eye do you close when aiming?            Why should your technique be the same every shot?            Tomorrow you will take a written test. Review your study guide carefully tonight.</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** Test papers and pencils(one per student), stopwatch, megaphone.

**UNIT:** Archery **Day:** 10 **LOCATION:** Outdoor court and playing field

**STANDARDS:** 2PA-E2, 2PA-E3, 1PA-E3, 5PA-E2, 5PA-E3, 1PA-E5

**OBJECTIVES:** To recognize, recall, and define archery terms, procedures, scoring, and shooting techniques. To run/walk 10 minutes nonstop.

<b>ACTIVITIES</b>	<b>CUES/PHASES/INSTRUCTIONS</b>
<p><b>Intro:</b> Today we you will 1<sup>st</sup> take a written test and then do a 10 minute run/walk.</p>	
<p><b>Fitness:</b></p>	
<p><b>Lesson Focus:</b></p> <p><u>Written Test:</u> Hand out one paper and pencil per student. Students take written test. (12-15 mins.)</p> <p>Collect papers and pencils.</p> <p><u>Cardio Run/Walk:</u> Students alternate walking and running around field in one-minute intervals. Teacher signals with megaphone when to switch. Continue for 10 minutes.</p>	<p>Line up in your groups, single file. Spread out your line once you have a pencil and paper. When you get done, sit quietly until everyone is finished.</p>
<p><b>Closure:</b> Who can tell me why we take one day per week to do a cardio activity? (Archery does not work our cardio system)</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** 6 targets and stands, one cone (quiver) per student set along shooting line, 5 arrows per student, mobile supply cart and bucket of extra arrows, megaphone and whistle, clipboard with colored tape strips (replacement crests), 6 clipboards with pencils attached, one scoring sheet per group, extra pencils.

**UNIT:** Archery **Days:** 11-14 **LOCATION:** Outdoor playing field

**STANDARDS:** 1PA-E1, 1PA-E3, 1PA-E5, 7PA-E3, 7PA-E2, 5PA-E2

**OBJECTIVES:** To shoot and hit the target by performing the 9 step technique correctly. To participate in an archery scoring contest.

<b>ACTIVITIES</b>	<b>GUIDE PHRASES/INSTRUCTIONS</b>
<p><b>Intro:</b> Today we will start recording scores as part of an archery scoring contest. We will do this all week to see who can score the most amount of points.</p>	
<p><b>Fitness:</b> After placing arrows in cones, jog 2 laps around archery field. Meet at equipment cart and stretch out.</p>	
<p><b>Lesson Focus:</b></p> <p><u>Explain Score Card:</u> Each group gets one clipboard, pencil, and score card. All names are written on front of score card. After shooting an end of 5 arrows, record scores.</p> <p><u>Shoot:</u> Shoot one end of 5 arrows. Record your points each time. Repeat until time is up.</p> <p><u>Cleanup:</u> Clipboards and pencils returned to cart. Hand score cards to teacher.</p>	<p>To save time, immediately record scores you know for sure, while you are waiting to retrieve arrows (i.e. the ones you know are zeros). Record the others after retrieving.</p> <p>Encourage advanced students to help give hints to those in their group that are having difficulties.</p>
<p><b>Closure:</b> Ask students to share what they did differently today to make them more successful.</p>	

**DATE:** \_\_\_\_\_ **EQUIPMENT:** Class roster, stopwatch, 200 craft/Popsicle sticks, awards that were prepared ahead of time or a list of archery contest results

**UNIT:** Archery      **Day:** 15      **LOCATION:** Outdoor field or track

**STANDARDS:** 2PA-E2, 2PA-E3

**OBJECTIVES:** To jog/walk 4 or more laps around the track within 15 minutes. To give recognition to all students for their participation in the archery scoring contest.

<b>ACTIVITIES</b>	<b>OBJECTIVES/INSTRUCTIONS</b>
<p><b>Intro:</b> Today we will do a 20 minute run/walk. Afterwards you will get archery contest awards.</p>	
<p><b>Fitness:</b> Jog/walk for 3 minutes around basketball court. Stretch calves, hamstrings, quads</p>	<p>Always do a short, low intensity warm-up before going onto more vigorous activities.</p>
<p><b>Lesson Focus:</b> <u>Cardio:</u> Students jog/walk 15 minutes around track, keeping count of number of laps completed, trying to complete at least 4 laps. (advanced students should try for 5 laps or more)</p> <p>Teacher hands out popsicle sticks to students as they complete each lap.</p> <p>At the end of 15 minutes, students line up alphabetically, turn in sticks while teacher records scores.</p> <p><u>Awards/Recognition:</u> Teacher gives awards (certificates, prizes, coupons for prizes) or simple recognition to every student who participated in the archery scoring contest. Those that received the highest scores should be given special recognition.</p>	<p>In order to do 4 laps in 15 minutes, what should be your average lap time? (3:45)</p> <p>Try pacing yourself with a strategy in mind</p> <ul style="list-style-type: none"> <li>A) Walk curves, jog straights</li> <li>B) Jog 2 straights and 1 curve, walk 1 curve</li> <li>C) Jog continuously, walking one curve only when needed.</li> </ul> <p>A "Bull'-Eye" certificate could be given to each student who scored at least one bull's-eye.</p> <p>A general certificate could be produced with a space left for the student's name and total points scored.</p> <p>If tangible awards are not given, the teacher could simply announce scores and mention special student accomplishments.</p>
<p><b>Closure:</b> Now that archery is over, how many of you liked it enough to try doing it on your own? Where do you think you can go to buy equipment? Where would be a safe place to shoot?</p>	

# Archery Technique Check List

Shooter 1: \_\_\_\_\_

Shooter 2: \_\_\_\_\_

Mark S or N:

S = Satisfactory

N = Needs Improvement

Use 1st column for shooter 1 and 2nd column for shooter 2

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## STANCE

\_\_\_ \_\_\_ Feet apart, sideways to target, weight balanced equally  
\_\_\_ \_\_\_ Bow held with string between arm and waist

## NOCK

\_\_\_ \_\_\_ Arrow placed on outside of bow with point facing down  
\_\_\_ \_\_\_ Index feather faces out  
\_\_\_ \_\_\_ Bow hand index finger holds arrow in place.

## SET

\_\_\_ \_\_\_ Uses 3 fingers only, one above and 2 below nock (does not use thumb)  
\_\_\_ \_\_\_ String placed in 1st joint of fingers

## PREDRAW

\_\_\_ \_\_\_ Raises bow arm without drawing string.  
\_\_\_ \_\_\_ Bow arm is straight  
\_\_\_ \_\_\_ Index finger moves below arrow rest

## DRAW

\_\_\_ \_\_\_ Drawing elbow continues back until it is in line with bow arm  
\_\_\_ \_\_\_ Bow elbow remains straight with elbow rotated inward  
\_\_\_ \_\_\_ Fingers do not curl around string. Hand stays flat.

## ANCHOR

\_\_\_ \_\_\_ Thumb is anchored on jaw bone, with string touching nose and chin

## AIM

\_\_\_ \_\_\_ Eye closest to bow arm is closed. Arrow lines up with target.

## RELEASE

\_\_\_ \_\_\_ All fingers released at the same time, letting string slide off fingers  
\_\_\_ \_\_\_ Hand continues back and away from face

## FOLLOW THROUGH

\_\_\_ \_\_\_ Holds bow arm and body still until arrow lands

## ARCHERY SAFETY QUIZ

1. What may happen if you use arrows that are too short?
2. What should you do to protect your elbow from getting bruised from the string?
3. What does 3 or more whistle blasts mean?
4. What should you do when you get done shooting your arrows?
5. What should you do if you see someone in danger in front of the shooting line?
6. When should you retrieve your arrows?
7. What should you do if your arrow falls in front of the shooting line out of reach? (Cannot get it without moving your feet)
8. Is it okay to practice your technique with your bow and arrow while you are waiting for people to retrieve the rest of their arrows?
9. Is it okay to aim at something other than your target?
10. Why shouldn't you run with arrows in your hand?
11. How should you take arrows out of the target?
12. What happens if you break a life-threatening rule?



# BRIMHALL ARCHERY AWARD

NAME: \_\_\_\_\_

CATEGORY: \_\_\_\_\_

PLACE: \_\_\_\_\_ SCORE: \_\_\_\_\_

\_\_\_\_\_  
INSTRUCTOR

\_\_\_\_\_  
DATE

# BRIMHALL ARCHERY AWARD

NAME: \_\_\_\_\_

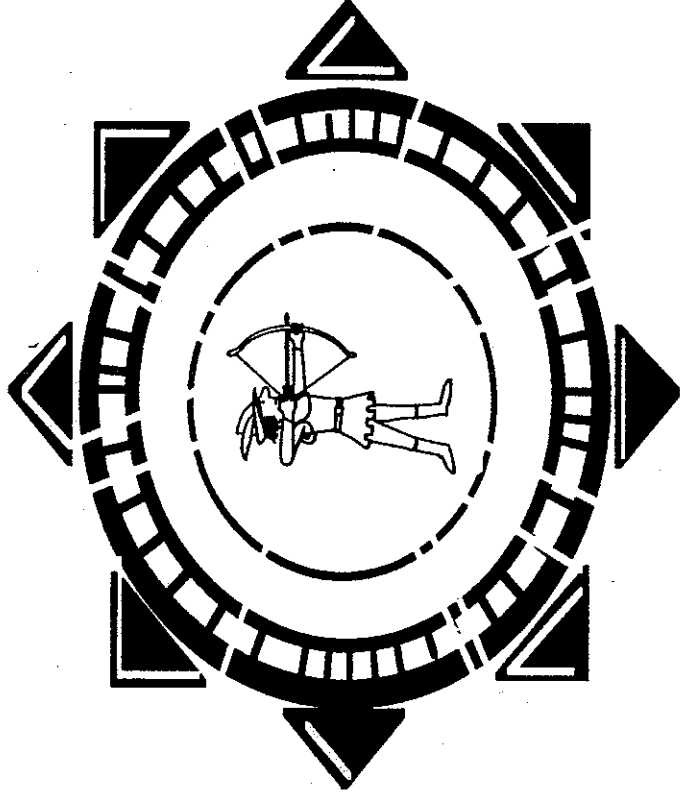
CATEGORY: \_\_\_\_\_

PLACE: \_\_\_\_\_ SCORE: \_\_\_\_\_

\_\_\_\_\_  
INSTRUCTOR

\_\_\_\_\_  
DATE

# BULLSEYE!!



NAME: \_\_\_\_\_

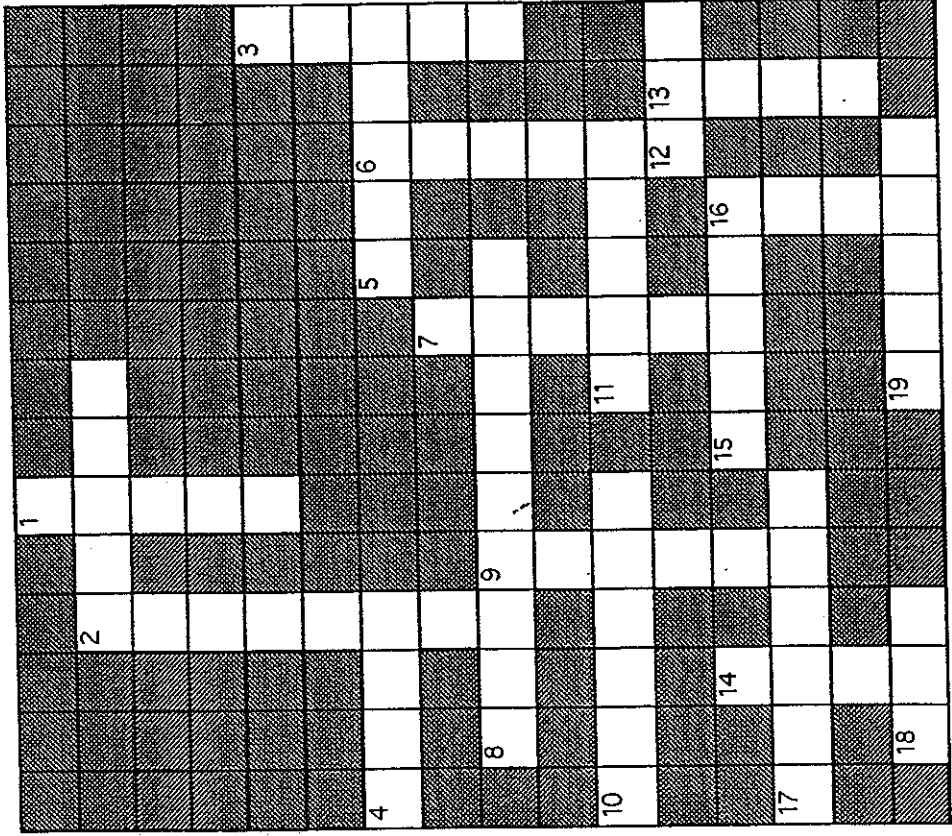
DATE: \_\_\_\_\_

Name	End	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	Total
	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
	1						
	2						
	3						
	4						
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# ARCHERY CROSSWORD

## ACROSS

- 2 Target color worth 2 points.
- 4 Scoring part of target.
- 5 Number of fingers used to pull string.
- 8 What all 3 "feathers" are called.
- 10 Starting position, sideways to target.
- 11 Center portion of arrow.
- 12 Certain number of arrow shot before retrieving.
- 15 Non-scoring part of target face.
- 17 Device for holding arrows.
- 18 Name of 2 feathers that are same color.
- 19 Name of feather that is nocked away from bow.



## DOWN

- 1 The distance to be shot or area where shooting takes place.
- 2 Center of target.
- 3 Arrow identification marks.
- 6 What you do to your elbow to avoid injury.
- 7 Holding string and hand against face.
- 9 Archery equipment.
- 13 Part of arrow that fits into string.
- 14 Number of points for a bullseye.
- 16 Where string should touch before shooting arrow.

# ARCHERY

## SAFETY

- Be attentive at all times. Follow all directions and follow correct procedures at all times.
  - Hold groups of arrows gingerly to avoid damage to feathers.
  - Use arrows of correct length. Short arrows could snap in half while shooting and cause serious damage.
  - Rotate elbow away from string before shooting to prevent string bruising arm. Wear an arm guard just in case.
  - Never pull back and release a string without actually shooting an arrow.
  - Do not run with arrows or play around while holding them.
  - Never draw the bow string with an arrow nocked on it while anyone is on the range in front of the shooting line.
  - Never aim at anything but your assigned target.
  - If you drop an arrow in front of the shooting line, pull it back using the tip of your bow or another arrow. If you cannot reach it, consider it shot and leave it alone.
- When finished shooting your arrows, step back 5 yards from shooting line.
- Always wait for the teacher's signal before shooting or retrieving any arrows.
- Pull arrows out of target slowly to avoid breaking arrows. Also, jerking them out could poke yourself or bystanders.
- If you hear three or more short blasts of the whistle, stop shooting immediately and remove arrows from bow string. If someone sees an emergency they should call out, "Cease Firing" so that everyone will be warned of the danger.

**BREAKING ANY LIFE THREATENING SAFETY RULE = LOSS OF SHOOTING PRIVILEGE FOR THE DAY ("LIFE THREATENING" RULES ARE UNDERLINED ABOVE)**

## MORE TERMINOLOGY

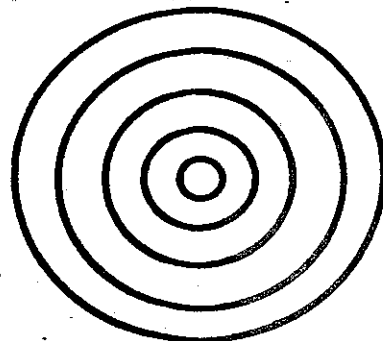
- pron:** All the target face outside of the scoring white. An arrow in the apron counts as a miss.
- nd:** Specified number of arrows that are to be shot before going to the target to score.
- quiver:** A receptacle for carrying or holding arrows.
- range:** The distance to be shot or the place where shooting is done.
- rackle:** All the equipment used in archery.
- target Face:** The painted front of a target.

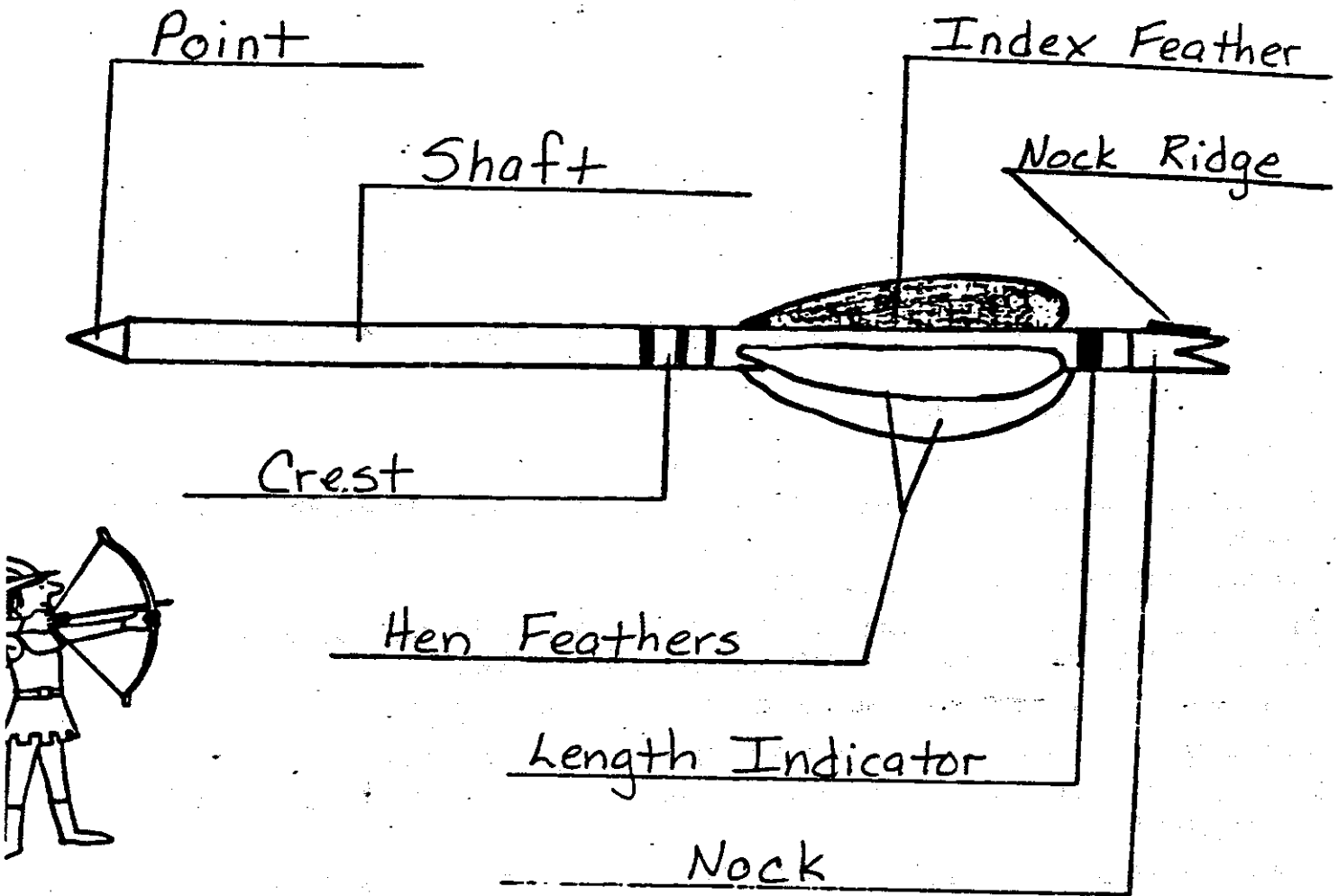
## SCORING

There are many different ways to score, depending on the competition. In P.E. class, we will use the following:

- Gold = 5 points
- Red = 4 points
- Blue = 3 points
- Black = 2 points
- White = 1 point

An arrow that lands on a line between two rings counts as hitting the higher scoring ring.





TERM	DESCRIPTION
Point	Sharp end that enters target first.
Shaft	Mid section between crest + point.
Crest	Arrow identification bands of color.
Fletching	All 3 "feathers".
Index Feather	Color is different than other 2. Is lined up with nock ridge.
Hen Feathers	2 feathers of same color These slide across bow during shot.
Length Indicator	Band of tape above fletching. Red = Sm; Blue = Med.; Black = LG; Green = XLG
Nock	Plastic end that fits into string. Color means nothing.
Nock Ridge	Raised line on nock that runs in line with index feather.

# ARCHERY TEST

**Multiple Choice:** Choose the best answer. Circle your choice.

1. When loading the arrow onto the bow, the arrow tip should point
  - A. towards the ground.
  - B. towards the bottom of the target.
  - C. towards the center of the target.
2. How many fingers should you use to draw the string back? (according to the way Ms. Wolfe taught it)
  - A. 2
  - B. 3
  - C. 4
3. If the arrow slips from the arrow rest on the bow, it probably was caused by
  - A. tilting the bow too far.
  - B. drawing the string too fast.
  - C. squeezing the fingers on the arrow.
4. What does 3 or more short blasts of the whistle mean?
  - A. Start shooting.
  - B. Start retrieving.
  - C. Stop shooting.
5. If an arrow hits the line between two colors on the target,
  - A. it counts as 7 points.
  - B. it counts as the lower score.
  - C. it counts as the higher score.
6. Which method of scoring do we use in P.E. at Brimhall?
  - A. 5.4.3.2.1 method
  - B. 9.7.5.3.1 method
  - C. 10.9.8.7.6.5.4.3.2.1 method
7. What is the archery term that means "the distance to be shot or the place where shooting is done"?
  - A. Field
  - B. Area
  - C. Range
8. In class, we use a cone to hold the arrows. What is the official name of a device that holds arrows?
  - A. an arrow holder
  - B. a quiver
  - C. a hoop
9. Which feather is usually a different color than the other two and should point towards the target when nocking?
  - A. index feather
  - B. hen feather
  - C. duck feather
10. What should you do when you are done shooting your arrows?
  - A. retrieve arrows
  - B. stand at shooting line until everyone else is done, then retrieve
  - C. step 5 yards back from shooting line, then retrieve
  - D. step 5 yards back from shooting line, wait until everyone is done, then retrieve
  - E. step 5 yards back from shooting line, wait until teacher gives the signal, then retrieve

