

# **BHS ARCHERY:** Review/Skill Sheet

## **GRADING:**

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

PERS/SOC RESP/SAFETY(20):					/4	/4	/4	/4	/4	
SKILL (12):				STRATEGY APP(4):						
SKILL APP (4):				RULES APP (4):						
KNOWLEDGE (6):										
<b>TOTAL (50):</b>										

### **SKILL 1:** STANCE (2 pts.)

- Stands with one foot on chalk line, parallel to target.

### **SKILL 2:** NOCK (2 pts.)

- Places end of arrow on bow string with odd color fletching up.

### **SKILL 3:** DRAW (2 pts.)

- Executes a "Push/Pull" motion of the bow while the arrow is loaded on bow.

### **SKILL 4:** ANCHOR (2 pts.)

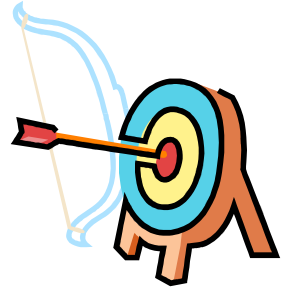
- Places string of bow at side of chin.

### **SKILL 5:** AIM (2 pts.)

- Looks down the arrow and sights the target

### **SKILL 6:** RELEASE & FOLLOWTHROUGH (2 pts.)

- Lets go of arrow at side of chin.
- Stands and watches flight of arrow, makes no additional movement.



**TOTAL SKILL: /12**

### **Application of Skills:**

**4** – applies effective skills (above) with few if any observable errors in technique

**3** - applies effective skills with errors in technique

**2** - performs skills showing some elements of correct technique, but application is ineffective and inconsistent.

**1** – attempts skills but technique is not yet sufficient, resulting in consistently ineffective performance

**Application SCORE:**

### **Application of Strategies:**

**4** – Select appropriate equipment and apply adjustments to technique.

**3** – Select appropriate equipment & attempt to adjust technique but show hesitation.

**2** – Select inappropriate equipment and/or do not make technique adjustments based on previous results.

**1** – Select inappropriate equipment and/or focus is confined to shooting the arrow. Movements do not indicate adjustments made to improve previous score.

**Application/SCORE:**

### **Application of Rules and Conventions:**

**4** – Applies rules, safety, conventions of play and terminology with out hesitation or observable errors. Total score correctly.

**3** – Applies rules, safety, conventions of play and terminology with minor errors. Total score correctly

**2** – Demonstrates a general understanding of the activity, but need assistance from others to correctly apply rules, conventions, terminology or scoring

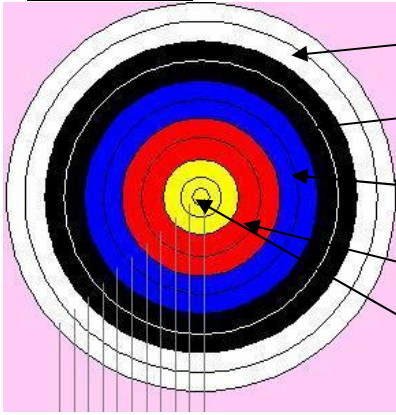
**1** – Consistently demonstrates incorrect application of rules, conventions, terminology and/or scoring. Relies on direction of others to participate correctly.

**Application/SCORE:**

**TOTAL APPLICATION OF SKILLS/STRATEGIES/RULES & CONVENTIONS:**

**/12**

## SCORING:

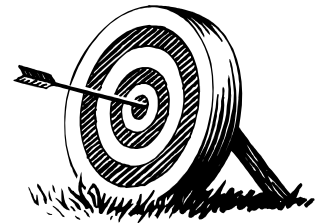


1. The White ring is scored as 1 PTS.
2. The Black ring is scored as 3 PTS.
3. The Blue ring is scored as 5 PTS.
4. The Red ring is scored as 7 PTS.
5. The Yellow ring is scored as 9 PTS

## EQUIPMENT:

### **BOWS:**

- Bows are identified by type, construction and material, weight (or draw weight) and length.
- There are two basic types; **The Straight Bow** and **The Recurve Bow**. The Recurve bow is highly recommended because the design adds leverage to the bow thereby increasing the amount of force it can apply to the area.
- Bows are made of flexible wood or fiberglass. Depending on the choice of material and the method of construction, they are called composite or laminate bound.
- The weight of a bow is the amount of force (expressed in pounds or kilograms) required to pull or draw a 28 inch arrow to its full length. Bows vary in length from 48 to 72 inches.



### **ARROWS:**

- Cedar arrows are best because of their stability, shooting quality and availability in a range of grades and prices. Birch arrows should be avoided because they warp very badly.
- Fiberglass arrows hold their shape in spite of dampness. They lack some of the shooting quality of the metal arrows but are sufficient for basic skill development and performance.
- Aluminum arrows are more expensive than fiberglass or wooden arrows and though rugged, they can be bent. They are the best choice for tournament shooting.

## VOCABULARY:

- **ARMGUARD** A guard that protects the arm from abrasion when an arrow is shot.
- **ARROW** Arrows have a maximum diameter of 9.3 millimeters. Each arrow must be marked with the competitor's name or initials, while archers use distinctive colors and patterns on the arrow fletching to distinguish their arrows.
- **BOW** The bows draw weight is around 22 kilograms for men's competition, and around 15kg for women's. The bow consists of a riser and two limbs.
- **BOWSTRING** The string of a bow. Most strings are made of a hydrocarbon product called dyneema.
- **FINGER TAB OR SHOOTING GLOVE** A flat piece of leather worn as a guard to protect the finger when the arrow releases.
- **FLETCHING** The real or artificial feathers at the back of an arrow designed to make it fly straight.
- **TARGET** The target may be 1.22 meters in diameter, but, to the archer standing those 70 meters away, it appears about the size of a thumbtack held at arm's length. The center of the bulls eye stands 1.3 meters above the ground. The bulls eye is 12.2 centimeters in diameter.

