



**FINAL INTERNATIONAL
UNIVERSITY**

ARCHERY COURE PESP371

Week 1 Welcome to Archery

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History

- Archery has been dated back to 2800 BC
- It was used for survival and hunting purposes.
- The bow was made out of wood and animal horns, and the string was made out of sheep intestines.
- It was recorded that the bow and arrow would shoot over 400 yards.
- In the 16th century the gun was introduced and army's were being demolished if they chose to only use bow and arrows.
- The introduction of guns eliminated the bow and arrow use and now it is only used for sport.

Objectives

- Students will be able to...
- Learn to safely develop the skill of archery.
- Explain the vocabulary associated with the sport of archery
- Identify the parts of the bow and arrow
- Demonstrate the proper calls and techniques such as stance, nock bow, raise bow arm, pull back to anchor point, aim, fire or release.
- **SAFETY IS OUR BIGGEST PRIORITY**
- If you can not control yourself you will lose all trust and will sit out for the rest of class and potentially the unit!

SAFETY

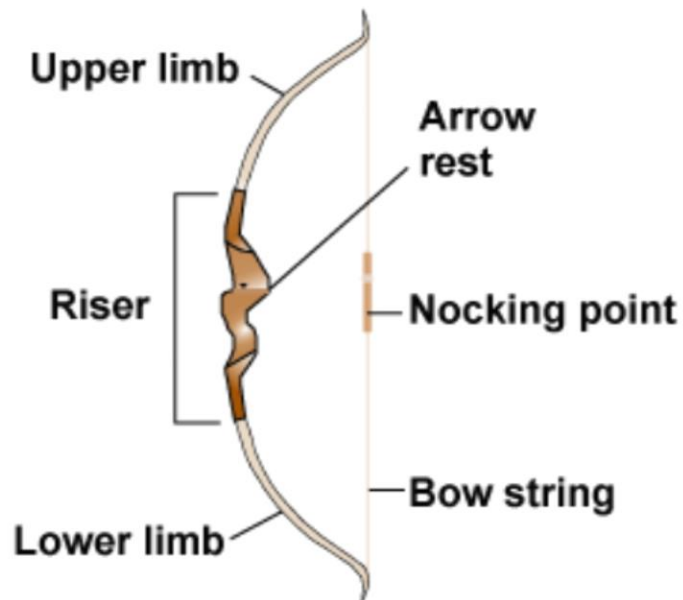
- Listen to the teacher and follow directions at all times. (Archery is a teachers command activity)
- If you are not active in the drill you must be watching your partner to make sure they are using proper techniques. (at least 5 yards back)
- We will help each other find the arrows after all arrows are fired. No one will be left alone.
- Never turn away from the target while the bow is loaded.
- Make sure you inspect all equipment before use.
- Never draw and release a dry bow. (bow without arrow)
- Stay in the safe area until teacher tells you otherwise.
- If the arrow falls off or comes out of the bow and hits the ground consider the arrow shot.

Dominant Eye

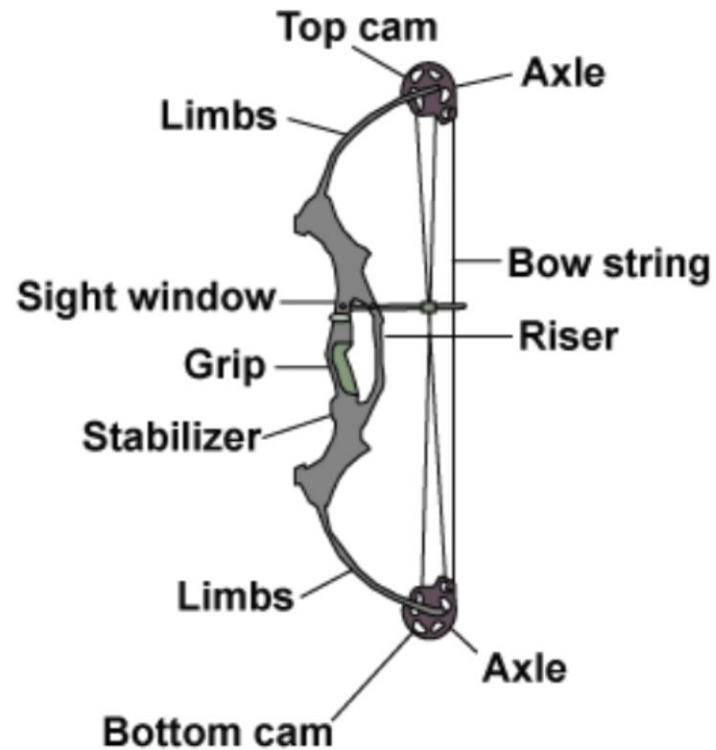
- Once you have determined your dominant eye, you will understand what arm is considered your draw back and which is you're your bow.

Types of Bow

Recurve bow



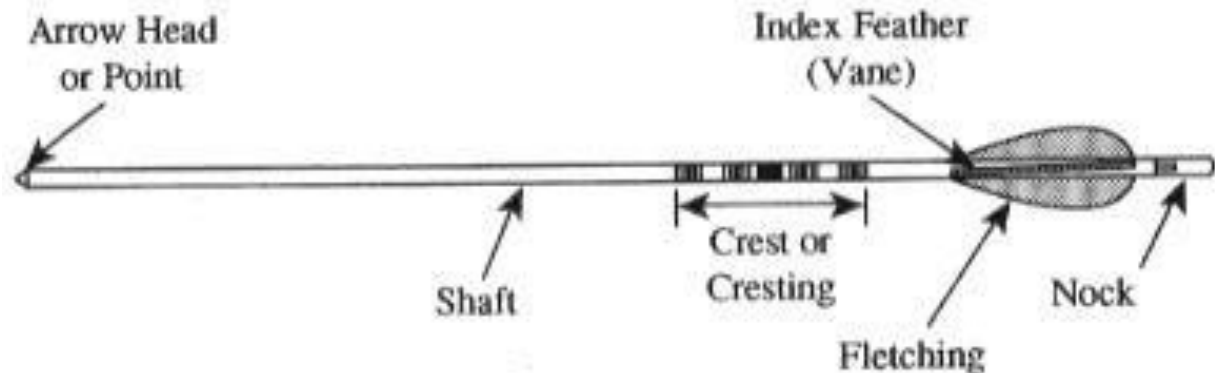
Compound bow



Sources: BLACK WIDOW BOWS, BASS PRO SHOP, MISSOURI BOWHUNTERS AND COLUMBIA AREA ARCHERS

Arrow

- Point or Tip
- Shaft
- Crest- why have this?????
- Feather- Fletching, Vein
one differs in color
- Nock



Command based class

- Inspect your bow and arrow
- Straddle the shooting line
- Bow at 45* angle
- Nock your bow- cock feather out
- Raise your bow arm
- Draw back to anchor
- Relax & Aim
- Fire
- Follow through

Proper Technique

- [Disney Movie Brave](#)

Competition Scoring

- Gold- 9
- Red- 7
- Blue- 5
- Black- 3
- White- 1
- Arrows that split a line , you must score to the higher number



Target Field

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Safety Zone

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Danger Zone



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