

ARCHERY

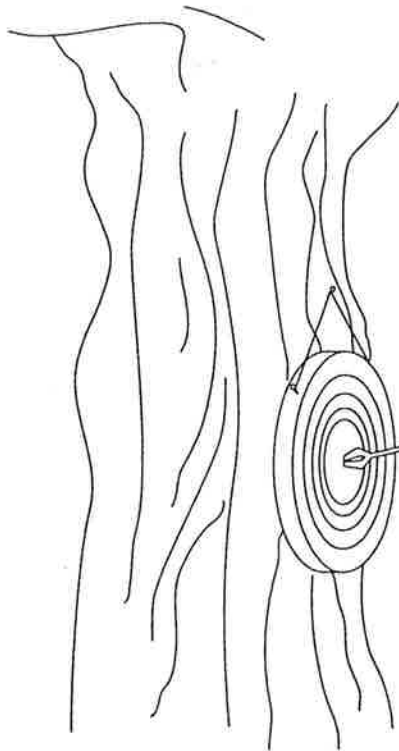
PACKET # 7

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.



INTRODUCTION

With the possible exception of spear or javelin throwing, archery (using a bow to shoot an arrow) is probably the oldest sport in existence. It can be traced back to prehistoric times. Archery also played a major role in military history for thousands of years.

Today people participate in archery for the sheer enjoyment of target shooting and bowhunting. It is also a relatively inexpensive sport which can be practiced both indoors and outdoors.

Bowhunting for deer, peccary (wild pig) and other small game is gaining in popularity in the United States. Bow hunters often participate in competitions with full-sized three-dimensional targets made to resemble actual game.

For example, the annual "Mountain Man Classic" bowhunting competition in North Georgia involves running against the clock up and down 1-1/2 to 2 miles of steep wilderness terrain, spotting and shooting at deer and turkey targets that have been placed in obscure locations. This type of archery competition is extremely strenuous and requires months of endurance conditioning in addition to skills with a bow.

ported at arm's length from the body. The index finger or second finger is wrapped around the part of the bow that is facing the target, while the thumb is wrapped around the part of the bow that faces the archer. The shoulders are not "hunched," but are kept down and pulled to the back. The arm holding the bow is held as steady as possible without the muscles being tensed.

3. **Nocking.** The fletched or vaned end of the arrow has a small notch that fits over the bowstring. Slipping this notch over the bowstring is called "nocking."



4. **Drawing.** Drawing or pulling back on the bow string utilizes both arms and the upper body muscles. The bow arm is raised toward the target as the string arm pulls backwards. The upper arm, shoulder and upper back muscles should not be too tense, or the draw will be executed improperly. During this step, many archers find that it helps to take a deep breath and hold it.

5. **Anchoring.** It is critical that the string be pulled back to a proper anchor point. This is the point at which the bowstring arm has reached full flexion or bending at the elbow. The position varies according to the particular individual's skeletal and muscular lever system. As little as 1/8 inch in anchoring can affect shooting accuracy.

6. **Relaxing.** Archers need to take time to assure that only the muscles involved in supporting the bow and drawing the bowstring are tense. Overall performance improves when archers pay attention to this point.
7. **Aiming.** The sight-shooting method is a popular way of shooting at targets. A mechanical device is attached to the bow and can be both horizontally and vertically adjusted. The "sight" is fastened to the back of the bow slightly above the arrow rest. The archer should close the left eye or right eye (depending on whether the archer is right- or left-handed) and look at the "sight" pin. Then he/she should align it with the center (gold circle) of the target, also allowing for distance and wind (if any).
8. **Concentrating.** As with all sports, the ability to concentrate in archery often makes the difference between excellence and average performance. The archer should put everything else out of his/her mind and concentrate on the target.



A “nock” or notch at the end of the arrow that fits over the bowstring.

Feathers, vanes or “fletches” at the nock end of the arrow, which help the arrow to fly in a straight line toward a target.

Some archers use a leather arm guard worn on the inside forearm of the hand that supports the bow. A leather tab or a shooting glove is often worn to protect the fingers that draw back the bowstring.

Archers should always wear comfortable, uncluttered, form-fitting clothes. Jewelry, large buttons, scarves and big pockets will only get in the way of the bow and arrow.

SAFETY TIPS

Although it involves the use of one of the oldest types of weapons, archery is not necessarily a dangerous sport. However, as with any physical activity, it is up to the individual to keep the sport as safe as possible by observing certain rules, especially the following four:

Novice (beginning) archers should always be supervised. Don't try to get started in archery without prior instruction or supervision.

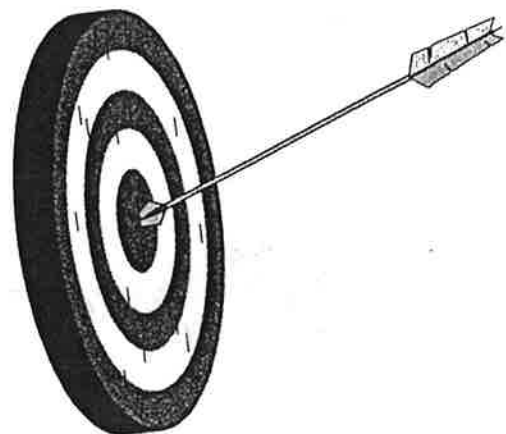
An arrow ready to be released should be pointed only at the target, never at persons, animals or objects.

Arrows should not be shot straight up into the air. When that happens, they usually come straight back down. This can be very dangerous!

Never take chances in archery. It's better to be safe than sorry.

NOTES AND NEWS

In addition to being a form of recreation, archery is an Olympic sport. Olympic archery competition has strict equipment rules. For example, Olympic bows are recurved, and can



STUDENT RESPONSE PACKET

ARCHERY

NAME _____

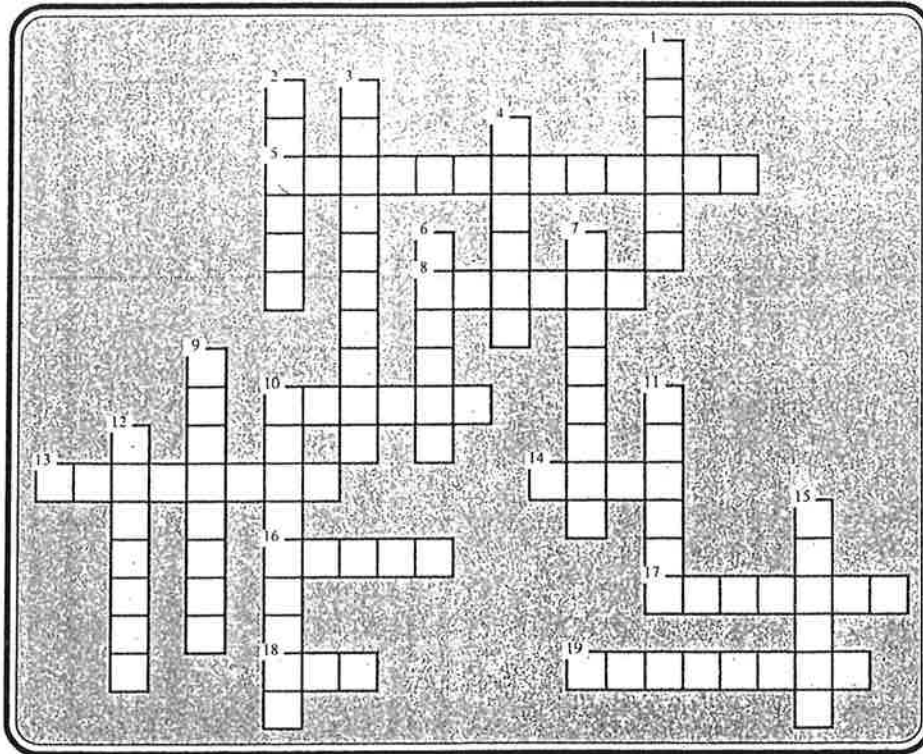
DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of archery. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What are the physical benefits to be obtained from archery?
2. What are some of the factors an archer must consider in his/her choice of a bow?
3. What is "the draw weight" of a bow?
4. What basic pieces of equipment are needed to get started in archery?

Name: _____ Date: _____



Across:

- 5. Putting everything out of your mind but the target
- 8. The point at which the bowstring is pulled back fully
- 10. When drawing, the bow arm is _____ toward the target
- 13. This is how one should release the bowstring
- 14. Another name for an arrow point
- 16. This is shot by the bow
- 17. This word describes pulling back on the bowstring
- 18. Acronym for the archery association founded in 1828
- 19. Type of bow that is often used for hunting

Down:

- 1. A sight-shooting method
- 2. The thumb supporting the bow faces this
- 3. Arrangement for rings in an archery target
- 4. Standing at right angles to the target
- 6. The fingers supporting the bow face this
- 7. The annual _____ man competition is for bowhunters
- 9. The end of the arrow with the nock
- 10. Letting go of the bowstring
- 11. When anchoring, the arm is fully _____ at the elbow
- 12. Placing the arrow against the bowstring
- 15. Arrow holder