

# Archery



I CAN...

## SKILL DEVELOPMENT & APPLICATION

Describe how to correct my delivery when the flight of my arrow is not going where I want it. (Ex. Left, right above or below the bulls eye.)

Check to see if your arrow is knocked at a 90° angle with the string
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Adjust your stance –body is sideways to the target (back foot sideways to target, front foot at 45°)
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Make sure you are drawing back with your fingers under the arrow
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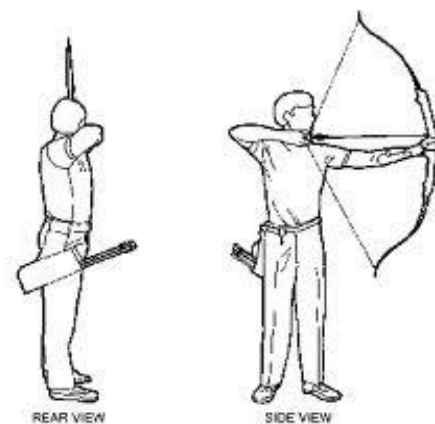
Draw the string with the string at your first knuckle
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Make sure your draw hand comes back to the corner of your mouth
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Stomach in, shoulders back, head up
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Keep your draw arm elbow up
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Change your point of aim
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## HEALTH & FITNESS

Explain the FITT guidelines for *aerobic capacity* and *flexibility*.

	<b>AEROBIC CAPACITY</b>	<b>FLEXIBILITY</b>
<b>FREQUENCY</b>	3-5 days per week	3-5 days per week minimum (every day would be better)
<b>INTENSITY</b>	Work in your target heart rate zone (150-180) or at a level that can have simple conversation.	Hold a stretch until slightly uncomfortable, but not painful.
<b>TIME</b>	30-60 minutes at least.	Hold a stretch for 15 seconds.
<b>TYPE</b>	Aerobic Activities – bicycling, swimming, jogging, etc.	Two Types: <i>Static</i> – no movement <i>Dynamic</i> – gentle movement

**Identify what muscles are being used when shooting archery.**

- Stance: Gluteus Maximus, Quadriceps, Abdominals, Hamstring
- Bow Arm: Latissimus Dorsi, Deltoid, Trapezius
- Draw Arm: Latissimus Dorsi, Trapezius, Deltoid
- Cardiac muscle (heart) pumps faster to deliver additional oxygen to all the above muscles.

**Explain how archery has an affect on the 4 parts of health.**

- Physical: burns calories, builds muscle, builds strong bones (weight bearing sport), promotes balance & coordination, sustains hand & eye coordination
- Social: family bonding, lifetime sport, make new friends, used to celebrate special occasions, fun for everyone
- Mental: improves self-esteem & self-confidence, more focus
- Emotional: an outlet for you during emotional times

**Explain how physical activity affects my fitness levels.**

All forms of activity whether it is aerobic, flexibility, muscular strength or lifestyle, affect fitness levels. The muscular system gets stronger and more flexible and can go for long periods of time doing activities that are at a higher level, which helps aerobic capacity. The more active, the better!