

Archery



Complete the following:

1. Name the various parts of a bow and an arrow.
2. Know the method to nock an arrow and maintain the bow, arrow and bowstring.
3. Know the safety rules in archery.
4. Demonstrate the posture for shooting an arrow, such as correct stance, draw, pull, aim, release and finish.
5. Know warm up and stretching exercises.
6. Know the rules in an archery competition.
7. Know the scoring system and promotion system.
8. Participate in an archery practice for a continuous period of three months.