Archery is a fun way for anyone to exercise minds as well as bodies, developing a steady hand, a good eye, and a disciplined mind. This activity can provide a thorough introduction to those who are new to the bow and arrow—but even for the experienced archer, this project can help to increase the understanding and appreciation of archery.

**Requirements**

1. Do the following: (.5 hours)
   1. State and explain the Range Safety Rules by the NC Wildlife Hunter Education:
      1. Three safety rules when on a shooting range.
      2. Five rules to the NC Wildlife Archery contest.
   2. State and explain the general safety rules for archery. Demonstrate how to safely carry arrows in your hands.
   3. Tell about your local and state laws for owning and using archery tackle.
2. Do the following: (1.5 hours)
   1. Name and point to the parts of an arrow and compound bow. You may complete a drawing of this activity then explain it to your agriculture teacher.
   2. Describe three or more different types of arrows and provide a picture of each.
   3. Do ONE of the following
      1. Make a complete wood arrow from a bare shaft using appropriate equipment available to you. Do NOT bring in the arrow with a tip on it (it is illegal at school)! You may want to document this in pictures or video.

OR

* + 1. To demonstrate arrow repair, inspect the shafts and prepare and replace at least three vanes, one point, and one nock. You may use as many arrows as necessary to accomplish this. The repairs can be done on wood, fiberglass, or aluminum arrows.
  1. Explain how to properly care for and store arrows.

1. Do the following: (2 hours)
   1. Explain the proper use, care, and storage of, as well as the reasons for using, tabs, arm guards, shooting gloves, and quivers.
   2. Explain the following terms: cast, draw weight, string height (fistmele), aiming, spine, mechanical release, freestyle, and barebow.
   3. Make a bowstring using appropriate materials for a long/recurve bow.
      1. <https://www.youtube.com/watch?v=unSypMCz5ro> shows how to make a jig to prepare a bow string and there are a lot of other videos online to help with this step. You may also talk with someone at an archery supply store that may help you with this step.
2. Explain the following: (1.5 hours)
   1. The importance of obedience to a range officer or other person in charge of a range
   2. The difference between an end and a round
   3. The differences among field, target, and 3-D archery
   4. How the five-color Fédération Internationale de Tir à l’Arc (FITA) target is scored
   5. How the National Field Archery Association (NFAA) black-and-white field targets and blue indoor targets are scored
   6. The elimination system used in Olympic archery competition
3. Do ONE of the following options below...

**Option A - Using a Recurve Bow or Longbow**

1. Name and point to the parts of the recurve bow or longbow you are shooting. (can be done in a picture or video)
2. Explain how to properly care for and store recurve bows and longbows.
3. Show the 10 steps of good shooting for the bow you are shooting.
4. Demonstrate the proper way to string a recurve bow or longbow.
5. Using a bow square, locate and mark with dental floss, crimp-on, or other method, the nocking point on the bowstring of the bow that you are using

(a-e) = .75 hours)

1. Do ONE of the following:
   1. Using a recurve bow or longbow and arrows with a finger release, shoot a single round of one of the following BSA, USA Archery, or NFAA rounds: ( 2 hours)
      1. An NFAA field round of 14 targets and make a score of 60 points
      2. A BSA Scout field round of 14 targets and make a score of 80 points
      3. A Junior 900 round and make a score of 180 points
      4. An FITA/USA Archery indoor round I and make a score of 80 points
      5. An NFAA indoor round and make a score of 50 points

(The indoor rounds may be shot outdoors if this is more convenient.)  
  
OR

* 1. Shooting 30 arrows in five-arrow ends at an 80-centimeter (32-inch) five-color target at 10 yards and using the 10 scoring regions, make a score of 150. (.5 hours)

**Option B - Using a Compound Bow**

1. Name and point to the parts of the compound bow you are shooting.
2. Explain how to properly care for and store compound bows.
3. Show the 10 steps of good shooting for the bow you are shooting.
4. Explain why it is necessary to have the string or cable on a compound bow replaced at an archery shop.
5. Locate and mark with dental floss, crimp-on, or other method, the nocking point on the bowstring of the bow that you are using.

(a-e = .75 hours)

1. Do ONE of the following:
   1. Using a compound bow and arrows with a finger release, shoot a single round of one of the following BSA, USA Archery, or NFAA rounds: (2 hours)
      1. An NFAA field round of 14 targets and make a score of 70 points
      2. A BSA Scout field round of 14 targets and make a score of 90 points
      3. A Junior 900 round and make a score of 200 points
      4. An FITA/USA Archery indoor round I and make a score of 90 points
      5. An NFAA indoor round and make a score of 60 points

(The indoor rounds can be shot outdoors if this is more convenient.)

OR

* 1. (Shooting at an 80-centimeter (32-inch) five-color target using the 10 scoring regions, make a minimum score of 160. Accomplish this in the following manner: (.5 hours)

Shoot 15 arrows in five-arrow ends, at a distance of 10 yards

AND

Shoot 15 arrows in five-arrow ends, at a distance of 15 yards.