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| **Archery**  Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | |
| **Skills** | **Beginner** **1 pts.** | **Developing** **2 pts.** | **Proficient** **3 pts.** | **Excellent** **4 pts.** |  |
| **Stance**  Feet shoulder width apart, straddle shooting line, bow shoulder facing target. | Beginner  Student demonstrates very little understanding of how to stand when shooting an arrow | Developing  Student demonstrates some understanding of how to stand when shooting an arrow some of the time | Proficient  Student demonstrates a complete understanding of how to stand when shooting an arrow most of the time | Excellent  Student demonstrates a complete understanding of how to stand when shooting an arrow every time they shoot |  |
| **Grip**  Grip bow like holding a glass, touch thumb to index finger, bow arm to shoulder height, extend bow arm toward target | Beginner  Student demonstrates very little if any understanding of how to hold a bow | Developing  Student demonstrates some understanding of how to hold the bow some of the time | Proficient  Student demonstrates that they understand how to hold the bow most of the time | Excellent  Student demonstrates that they understand how to Hold the bow every time they shoot |  |
| **Nock**  Bow parallel to ground, load above the nock, nock arrow at 90 degree angle, odd colored feather facing away | Beginner  Student does not understand how to nock an arrow | Developing  Student demonstrates some understanding of how to nock and arrow some of the time | Proficient  Student demonstrates an understanding of how to nock an arrow most of the time | Excellent  Student demonstrates an understanding of how to nock an arrow every time they shoot |  |
| **Draw** ) Hook two fingers onto string at first knuckle, back of hand and wrist flat, elbow level with forearm, squeeze shoulder blades together | Beginner  Student does not understand how to draw the bow | Developing  Student demonstrates some understanding of how to draw the bow some of the time | Proficient  Student demonstrates an understanding of how to draw the bow most of the time | Excellent  Student demonstrates an understanding of how to draw the bow every time they shoot |  |
| **Anchor**  Anchor is at eye level & index finger touches under the chin. | Beginner  Student does not understand how to anchor | Developing  Student demonstrates some understanding of how to anchor some of the time | Proficient  Student demonstrates an understanding of how to anchor most of the time | Excellent  Student demonstrates an understanding of how to anchor every time they shoot |  |
| **Aim and Release**  Look down the arrow to target, aim at spot with point of arrow, roll fingers off string, hand stays at anchor position | Beginner  Student does not understand how to aim and release  Does not hit the target very often | Developing  Student demonstrates some understanding of how to Aim and release  Hits the target some of the time | Proficient  Student demonstrates an understanding of aim and Release  Hits the target most of the time | Excellent  Student demonstrates an understanding of aim and Release every time they shoot  Hits the target every time |  |

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