

Archery

The course must be carried out by a Grand National Archery Society Coach Level 2 or above, who will assess the candidate's ability to shoot safely, and verify the scores achieved. Three dozen arrows will be shot to achieve the required scores with six sighters.

Recommendations to enable the candidate to shoot to desired levels of performance are listed in the General Performance Levels Table. However the Association of Archery in schools badge achievement scheme can be used for support material during the course.

Knowledge

Knowledge of their own bow tuning, bracing height, draw length, tillerage, and the method used to calculate the correct arrow length and weight to be used. Knowledge of their equipment and the effects it has on the bow, longrods, stabilisers, clickers and buttons.

General rules of the sport. Target field layout, for competitions and 'Have a Go' sessions. Scoring procedures for both F.I.T.A. and G.N.A.S. competitions and knowledge of various archery rounds which can be shot. The candidate must be able to demonstrate through personal records their personal improvement.

Advanced skills

Stance and body position. Shot preparation, draw, aim, and release, and arrow pattern analysis. Other factors to be considered are ESAR and DFL. Other forms of archery should be known: point of aim, gap shooting and finger walking.

Sight knowledge is important in this area. Adjustments are needed for various distances shot. Weather and wind conditions may change these adjustments.

Measurement of competition skills

The ability to compete in an archery tournament, completing personal score sheets, and being able to act as target captain if required. Knowledge of scoring and procedures for bouncers and pass throughs.

Basic knowledge of shooting rules, and complete knowledge of the rules of etiquette.

Safety

Knowledge of the required standards of safety, which will be accepted to enable a practice or training session to be allowed. Personnel safety standards, and safety of others during a shoot and awareness of the general public, the use of flags and notices.

Mark Band	Athletic Activities - Archery
9 - 10	An outstanding range of technically correct shots with excellent knowledge of the equipment being used. The candidate shows complete competence of the shot preparation, draw, aim and release, and demonstrates the ability to adjust the equipment to improve the scores. The candidate is required to reach the relevant standards of shooting for one Red achievement on the day of assessment.
7 - 8	An excellent knowledge of the shot preparation, and the effects that can result in poor bow hand position and a bad release. The candidate must have knowledge of the causes of a poor shot, and the ability to adjust themselves or the equipment to improve the score. The candidate is required to reach the relevant standard of shooting for one Blue achievement on the day of assessment.
5 - 6	A good understanding of shooting techniques should be known. The candidate must be able to analyse their own performance and make the necessary adjustments with the shot preparation, draw, aim and release. The candidate should be able to ascertain whether the equipment or the technique has to be adjusted. The candidate is required to reach the relevant standard of shooting for one White achievement on the day of assessment.
3 - 4	A basic understanding of the shooting techniques required to complete the shot. The candidate displays a limited ability to perform the shots consistently and accurately with little knowledge of how to correct the performance.. The candidate cannot obtain the relevant standard of shooting to reach one White achievement on the day of assessment.
1 - 2	<p>Difficulty in performing accurate shots and procedures inconsistency often. The candidate is unable to apply the necessary concentration. The need guidance as to where they should position themselves whilst shooting and are unsure of the shot preparation, and the equipment being used.</p> <p>Little idea of the sport and loses interest quickly.</p>

Archery: General Performance Levels

		20 yds –40 cm face (10 zone scoring)	60 yds –122 cm face (5 zone scoring)
9 – 10	Male	231	193
	Female	178	141
7 – 8	Male	165	129
	Female	117	87
5 – 6	Male	85	63
	Female	50	36
3 – 4	Male	75	50
	Female	40	30
1 - 2	Male	65	40
	Female	30	20

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