**Lifetime Sports – Archery Targets Self Assessment**

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| **Student Skill** | **Does Not Meet** | **Meets** |
| 1. I can demonstrate a technique of determining eye dominance. |  |  |
| 2. I can identify the parts of the arrow. |  |  |
| 3. I can identify the basic safety and shooting components of the bow. |  |  |
| 4. I Understand the basic whistle commands used on the shooting range |  |  |
| 5. I can explain the layout and areas of the shooting range |  |  |
| 6. I can demonstrate the proper **shooting stance** |  |  |
| 7. I can demonstrate how to **nock an arrow** on to the draw string |  |  |
| 8. I can demonstrate the correct position of the **Draw Hand Set**. |  |  |
| 9. I can demonstrate the correct position of the **Bow Hand Set**. |  |  |
| 10. I can demonstrate the correct position for the **Pre-draw**. |  |  |
| 11. I can demonstrate the correct technique for **Drawing the Arrow**. |  |  |
| 12. I can demonstrate the correct way to **Anchor the Arrow**. |  |  |
| 13. I can demonstrate the correct way to **aim the arrow.** |  |  |
| 14. I can demonstrate proper **follow through** technique |  |  |
| 15. I can explain and demonstrate the proper way to retrieve arrows |  |  |
| 16. I understand how to assist a peer using the coaching position of ***“Well Behind the Archer’s Elbow”***. |  |  |
| 17. I understand how to score using a colored target with 10 concentric circles |  |  |