



*National Archery in the Schools Program*

Adding archery to your curriculum will make a huge difference in your students!!



The image features a composite graphic. On the left, there is a circular logo with a duck and the text 'NATIONAL ARCHERY IN SCHOOLS PROGRAM'. Next to it is the 'NASP' logo in a stylized oval. To the right, the text 'NATIONAL ARCHERY IN SCHOOLS PROGRAM' is written in a bold, sans-serif font. The background of the graphic shows a young girl in a pink shirt holding a bow and arrow, with another person visible in the background. The text 'IMPROVE STUDENT MOTIVATION, ATTENTION, BEHAVIOR, ATTENDANCE AND FOCUS' is overlaid on the bottom left of the graphic.

**IMPROVE STUDENT  
MOTIVATION,  
ATTENTION, BEHAVIOR,  
ATTENDANCE AND FOCUS**



# In archery- everyone is equal!





# There are three basic components to the National Archery in the Schools Program

## **The CURRICULUM-**

Units of Study were written by Education, Conservation, and Target archery experts to **meet state and national educational standards**. This enabled NASP® to speak the language of educators who are intent on teaching core content throughout the school day. These units were designed for inclusion in a school's Physical Education curriculum but in a few NASP® schools these archery lessons are presented by history, language, art, and even Spanish teachers.

# Archery crosses the curriculum

!

- **Social Science**- the history of archery
- Students will understand, interpret, and analyze historical events, conditions, trends, and issues to develop historical perspective
- **Mathematics**-basic mathematical concepts can be addressed, taught, and real-life connections formed through the use of archery



# And of course, SEL!



- Communication, cooperation, rules, and respect are important to the effective functioning of the class
- Behaviors such as constructive communication, fulfilling responsibility to self and others are crucial for class success

# TEACHER TRAINING



Instructor Training was developed so teachers in every participating school could be certified to present NASP® lessons that are safe for students, instructors, bystanders, and the facility. Teachers have a choice of being certified as NASP® Basic Archery Instructors (BAI – 8 hours) or Basic Archery Instructor Trainers (BAIT--24 hours). To date more than 22,000 people have been certified by NASP®

Safety is # 1 concern!!



Students have to adhere to all range rules-**ALWAYS!!**



During the training, teachers learn how to set up and operate a safe archery range in their gymnasium. They are taught whistle signals which are used to move students to various taped lines on the range floor or ground to “get bows”, “shoot”, and “go get arrows”



instructors learn how to determine a student's "Dominant Eye" and make a "String Bow<sup>®</sup>" training aid to teach the "Eleven Steps to Archery Success" archer form, shot execution, and follow-through.



## *11 Steps to Archery Success*

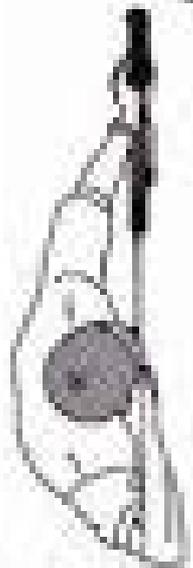
1. *Stance*
2. *Nock*
3. *Draw Hand Set*
4. *Bow Hand Set*
5. *Pre-Draw*
6. *Draw*
7. *Anchor*
8. *Aim*
9. *Shot Set-Up*
10. *Release*
11. *Follow Through/Reflect*

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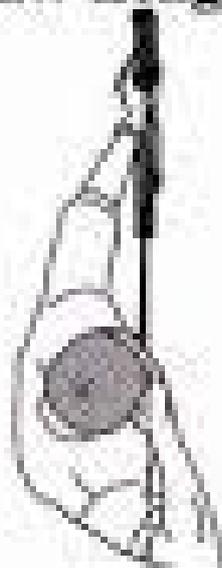
[www.NWTF.org](http://www.NWTF.org)



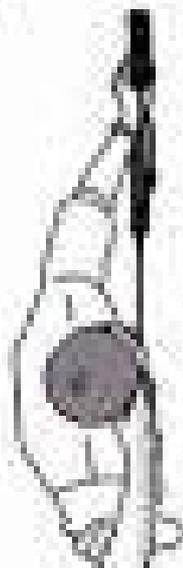
## Draw Length



Correct



Short



Long

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## 11 Steps to Archery Success

1. Stance
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# 11 Steps to Archery Success

These are the guiding principles that the students follow EVERY time they shoot!! By following these steps- they WILL hit the target. And your learning targets!!

# The eleven steps are broken down into two stages:

- Form- Stance, Nock Arrow, Drawing Hand Set, Bow Hand Set



- Shot Execution-Pre-Draw, Draw, Anchor, Aiming, Shot Set-up, Release, Follow-Through and Reflection



# Stance

- Each student should straddle the shooting line with one foot in front of the shooting line, one behind-both parallel to the shooting line. Move front foot back so the toes are even with the mid-line of the back foot. Rotate the toes of the front foot to 10 o'clock position but leave back foot at 12 o'clock position. Stand vertical with your head up and knees firm with slight pressure in the inside of both knees and feet.



# Arrow Nock

With bow in bow hand, straight up and down, cam can be in groin area, withdraw an arrow from the floor quiver and grasp the arrow below the fletching. Keeping the bow as vertical as possible, carry the arrow up and over the top of the bow. With different color “index fletching” facing towards you, snap the arrow’s nock under the nock locator on the string. The arrow shaft should be placed on the arrow rest.



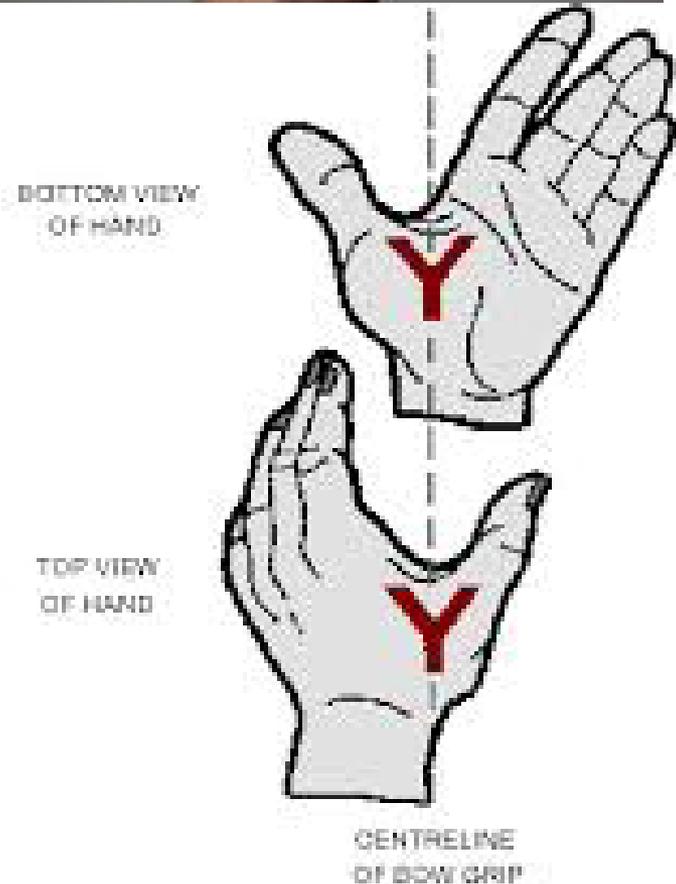
# Draw Hand Set

- With the bow at arms length and pointed down (vertical), grasp the string immediately under the nock at least with the first joint of the 1<sup>st</sup> and 3<sup>rd</sup> finger and slightly inside the joint of the middle finger forming a hook. Keep the back of the hand flat and the thumb down and relaxed



# Bow Hand Set

- Place your hand in the bow grip with the meaty part of your thumb inside the grip to the lifeline of your palm. The lifeline should be aligned over the center of the bow's grip. When set properly, the knuckles of your bow hand should form a 30-45 degree angle. At the same time your bow hand is set, rotate your elbow down to the left (right handed archer)



# Pre-Draw

- Start with your bow arm hanging relaxed at your side, lift your arm allowing it to hinge at your shoulder so your shoulder will remain level. Your drawing hand will remain hooked around the bow string and the bow un-drawn. The drawing arm will be slightly higher than the bow arm. The drawing hand, arm and elbow should be parallel to the floor or ground.



# Draw

- Pull or draw the string toward the right side of your face (right handed archer) by rotating your hips and your shoulder around until your elbow is slightly in front of the arrow line. You want the feeling of getting in behind the bow. You should feel your upper back muscles being activated.



# Anchor

- Anchor by touching your index finger to the corner of your mouth. Keep muscles active while maintaining a full draw.



# Aiming

- Your master eye is your rear sight and needs to be consistent in location as it relates to the anchor. Think of setting as an alignment between your eye, the string and your front sight—meaning your arrow. Keep your muscles active during this process.



# Shot Set-Up

- After you have reached your anchor point and begun your sight alignment, you need to create a slight movement from your drawing shoulder and/or arm to the rear. You can initiate the release anytime during this rearward movement.



# Release

- The release is a combination of relaxing your fingers and the back of your hand all at once. All your arm and back muscles remain active during this process.



# Follow Through

- Upon release, your drawing hand will move rearward with your fingers relaxed and end up with your thumb touching or near your drawing shoulder. The shoulder should hinge so your elbow can move down. The bow arm moves a bit forward then slightly both left (right for left-handed shooter) and down.



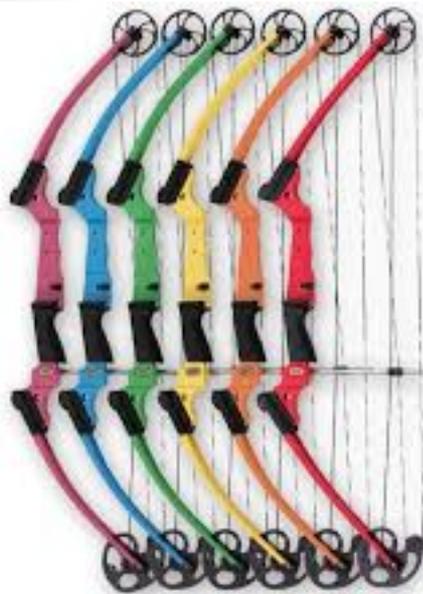
# Reflection

- After follow-through, reflect upon the position of your drawing and bow hand to see that they are in the proper ending position as a result of having kept muscles active throughout the shot sequence.



In NASP® learning the “process” of shooting is stressed far more than arrow scores.





The clinic ends with an explanation about inspection, maintenance and operation of the bows and arrows.

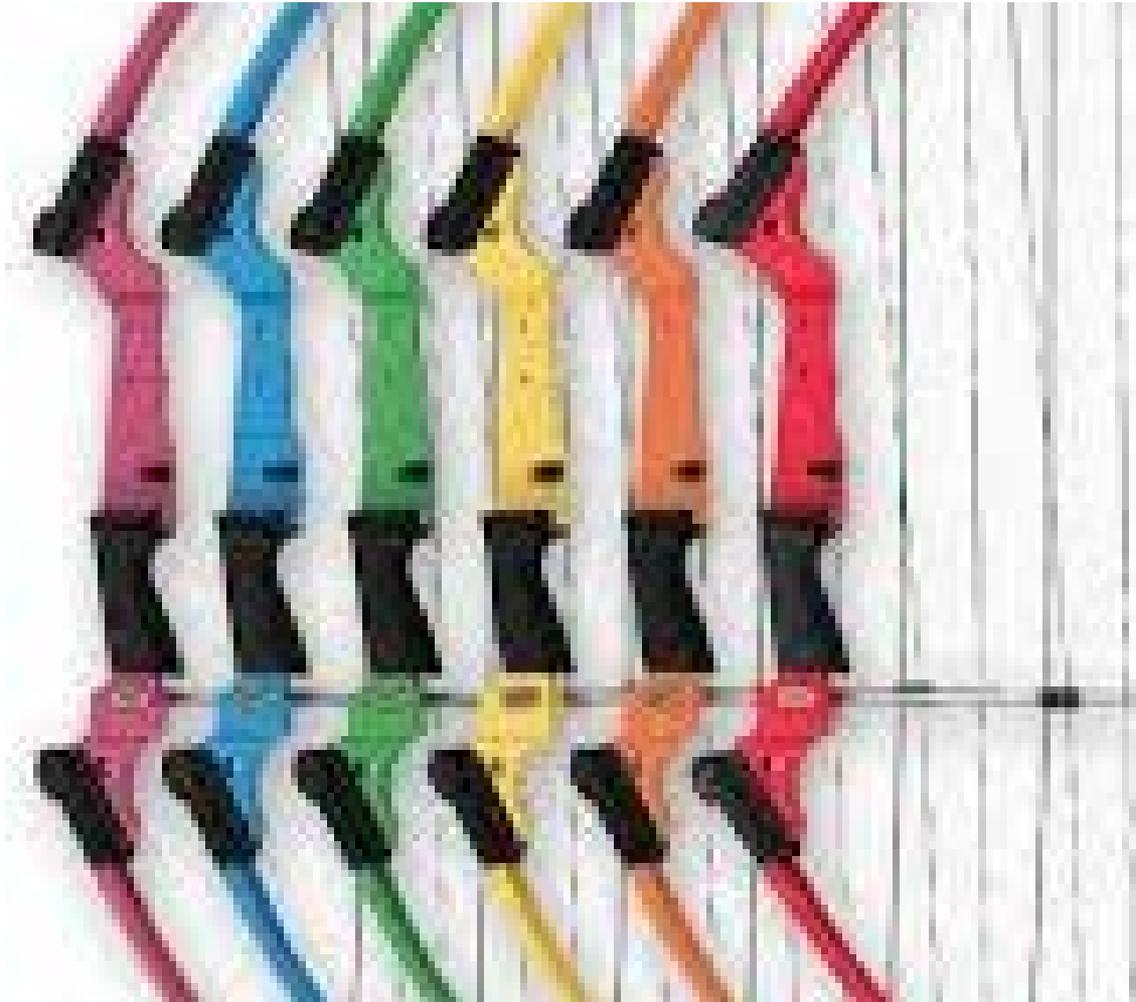




Archery Equipment used in NASP<sup>®</sup> is highly standardized to be safe, durable, economical, and most importantly, universal fit for almost every student



The only bow used in NASP® is a “Genesis®” compound which is adjustable from 10-20 pounds in draw weight at any draw length





**Only full-length aluminum arrows are used in NASP® to fit every student and to preserve NASP®'s perfect safety record**

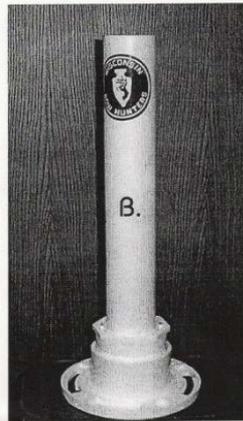
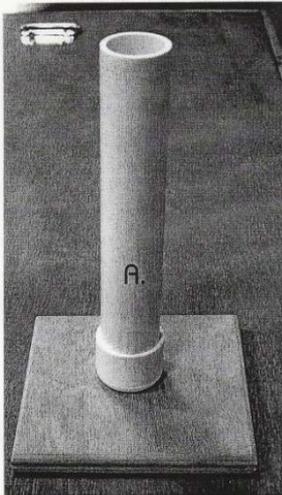
# Floor Quivers

## Ground Quiver Designs

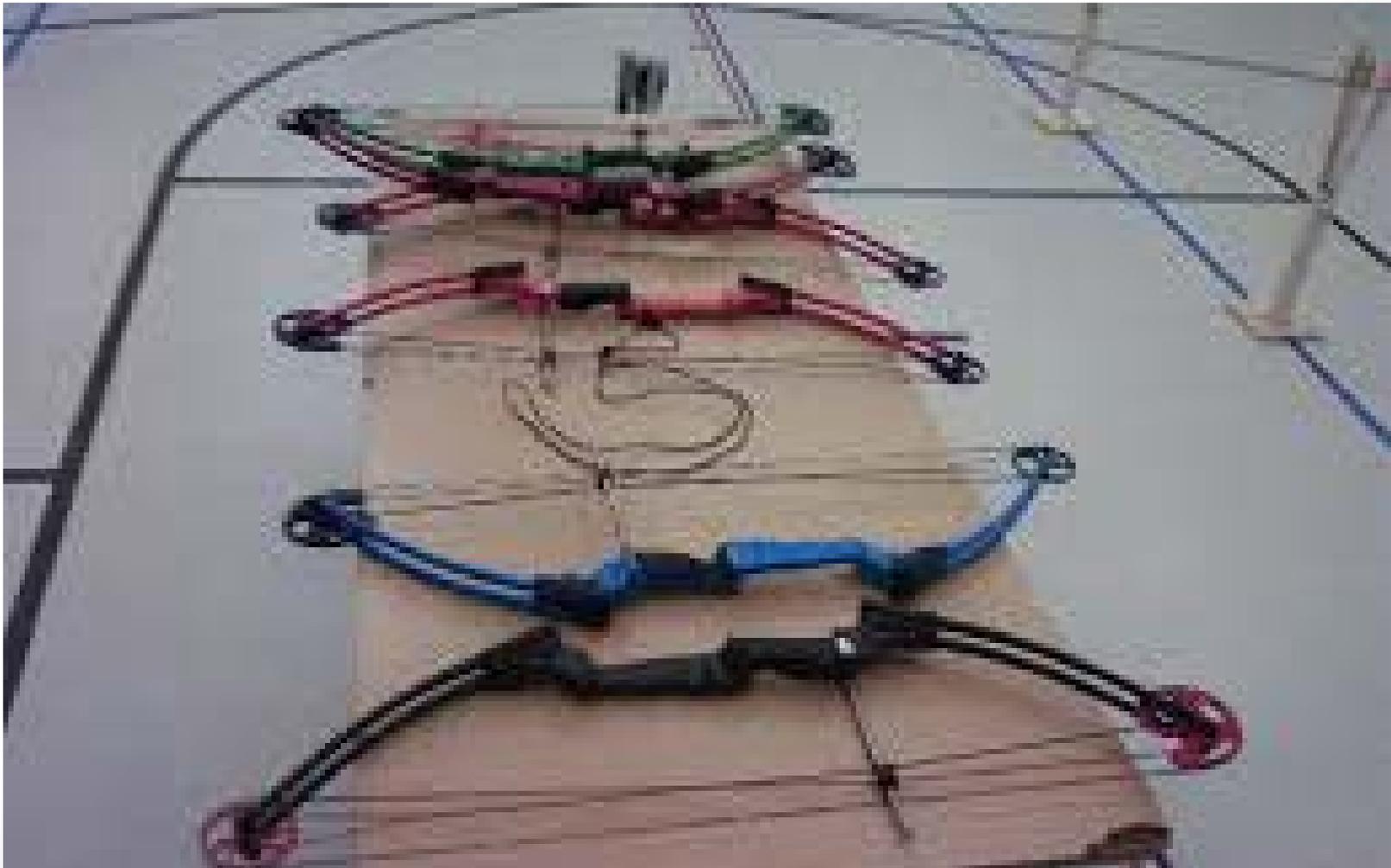
Both designs use 15-inch lengths of 2-inch diameter PVC plumbing pipe. However, the two designs have different bases.

**Model A:** The base for Model A includes a standard PVC end cap that is glued and screwed to an 8" x 8" piece of 1-inch thick plywood. This design was made in a school shop class.

**Model B:** The base for Model B is made from 3 plumbing flange parts that are pressure-fitted together. The arrows are prevented from falling through the PVC tube by a rubber gasket that screws into the bottom of the flange as seen in photo C. This design was made by a local plumber.



Sights, release aids, and stabilizers are kept out of NASP® to facilitate equipment sharing among students in archery class.



Finally, NASP® students are taught to shoot at an international, 80 centimeter target face. While students start learning at an “always hit” distance of 5-7 yards or meters, competitive distances in NASP® are 10 and 15 meters.





The targets are the perfect weight to make set up a strength activity too!





## Indoor Archery Range Layout

Locked Door

Locked Door

Locked Door

Open Door

Open Door



## Outdoor Archery Range Layout

Safety Area  
Minimum 50 Yards  
Behind Targets



**Always have to set up the range for safety! Safety for everyone—shooters, spectators, and people passing by!**

# This could easily be your gym!

- What are you waiting for?

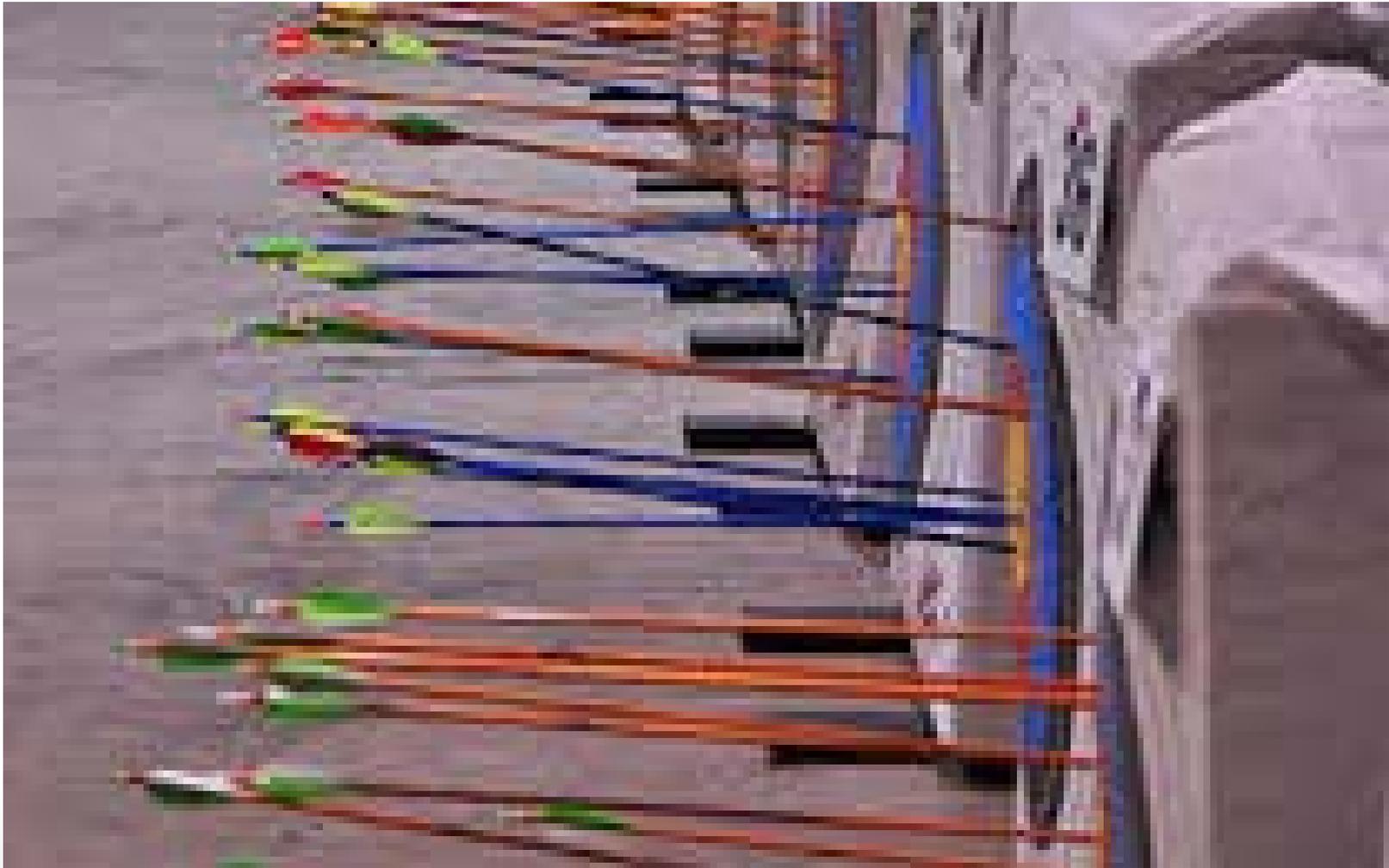


# Let's listen to the kids

- <https://www.youtube.com/watch?v=Xm1CJGEGF44#t=225>



And it also could become...  
a competitive team sport!!!



These tournaments generate some serious cash for your program! And it changes students lives, one arrow at a time



End result=Smiling happy children 😊

