**ARCHERY WORKSHEET **

1. **What are some physical benefits of archery?**
2. **What protocol is MOST important in archery?**

1. **Describe how to nock an arrow.**
2. **Define the four whistle commands:**
3. **Describe proper stance on the firing line.**

1. **Where is the proper anchor point?**
2. **How do you aim?**
3. **What is the proper process for arrow retrieval from the target?**
4. **Describe the point values on a target.**
5. **What is it called if you hit the innermost circle on the target face?**
6. **What happens if you drop an arrow on the floor while on the shooting line?**
7. **Describe “shot setup**
8. **What is a quiver?**
9. **What is the index fletching?**