



PODAR ENRICHMENT ACADEMY

Learning for Life

└ Archery :

- **Indian Round:** For Girls/Boys (Distance)
 1. Mini sub junior: 30m, 20m
 2. Sub junior: 40m, 30m
 3. Junior: 40m, 30m
 4. Senior: 50m, 30m
 - **Fita Round:** Distance
 1. Sub Junior: 50m, 40m, 30m, 20m (For girls & boys)
 2. Junior: 70m, 60m, 50m, 30m (boys)
 3. Senior: 90m, 70m, 50m, 30m (boys)
 4. Junior: 60m, 50m, 40m, 30m (girls)
 5. Senior: 60m, 50m, 40m, 30m. (Girls)
 - **Compound Round:** - only 1 distance 50m. (Two rounds)
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→ **Archery :**

→ **What is Archery?**

- Archery is the art, practice, or skill of propelling arrows with the use of a bow

→ **Instructions Related to Archery**

- 1 Expect archery to have a steep initial learning curve. The basic unit of skill is the complete shot because you can't practice part of a shot. This means that all of the skill must be taught at the beginning, unlike many other sports.
- 2 Acquire the essential equipment. The minimum equipment needed is a bow and arrows. In practice, an armguard, finger tab, quiver and target also will be required.
- 3 Where an armguard. It fits on the forearm and protects the sensitive inner forearm from the recoil or "slap" of the bowstring.
- 4 Use a finger tab. It fits on the fingers and protects the fingertips from the friction caused by releasing the bowstring.
- 5 Learn 10 basic steps of archery, These step consist of the stance and posture, knocking the arrow, string hook and bow hand placement, set up, drawing the bow anchor, load and transfer, aim, release and follow through. These steps must be performed correctly to shoot an arrow correctly and should be covered in the first lesson.

→ **Scoring**

- 1 For a high score, one has to pierce the line between the circles. If the arrow gets deflected in between, the location where it ends up retrieves the archer a score.
- 2 Arrows that don't stick or pass through the target also count. If an arrow rebounds, the archer has to raise a flag and signal the judge informing them.
- 3 In case, the arrow gets embedded in another arrow, the score of the first arrow is taken.
- 4 Once the arrow is misfired or released without planning, it is considered to be a shot. In case, the archers can extend his/her hands and grab the arrow, and then they may shoot the arrow again without any penalty.
- 5 If an archer releases an arrow out of turn, then the highest scoring arrow of that corresponding end is subject to elimination.



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Learning for Life

Std.: 1 and 2

- 1 Circle Stretching
- 2 Warm Up
- 3 Yoga
- 4 Bow Pulling
- 5 Shooting – Two Round

Std.: 3

- 1 Circle Stretching
- 2 Warm Up
- 3 Yoga
- 4 Bow Pulling
- 5 Shooting – Two Round (10 Meter)

Std.: 4 and 5

- 1 Circle Stretching
- 2 Warm Up
- 3 Yoga
- 4 Bow Pulling
- 5 Shooting – Two Round (15 Meter)

Std.: 6 and 7

- 1 Circle Stretching
 - 2 Warm Up
 - 3 Yoga
 - 4 Bow Pulling
 - 5 Shooting – Two Round (20 Meter)
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