

VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORTFOLIO ARCHERY

Name of Member: _____ Date Instr. Initial

1. 1. Demonstrate knowledge of archery safety, including safety considerations pertaining to: _____
 - Zone of fire & direction
 - Targets & target identification
 - Equipment
 - Arrow retrieval
 - Range operation

2. Demonstrate knowledge of archery equipment, including: _____
 - Bow types & materials
 - Parts of bows & arrows
 - Arrow shaft materials
 - Arrow points & fletching
 - Quivers
 - Finger tabs, gloves, arm guards

3. Demonstrate proper archery shooting form, including: _____
 - Eye dominance
 - Stance & posture
 - Bow-hand grip
 - Nocking the arrow
 - Setting the hook
 - Raising the unit
 - Draw
 - Anchor
 - Aim
 - Release
 - Follow through

4. A. Demonstrate ability to shoot a 3-shot group (7" or less) at 10 yds. _____

- B. Demonstrate ability to move the group to the aiming point. _____

5. Shoot 5 arrows at each of the following distances and record your score.

Compound, Genesis, Recurve
If available, use Match Bulletin target size

National Compound & Recurve
If available, use Match Bulletin target size

Distance	Score		
	Comp	Gen	Recurve
10 yds			
15 yds			
20 yds			
25 yds			
30 yds			

Distance	Score	
	Comp	Recurve
60 meters		
50 meters		
40 meters		
30 meters		

Member Signature _____

Member Signature _____

Instructor Signature & Date _____

Instructor Signature & Date _____

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3D Archery

3-D targets are preferred but you may use flat animal targets with vital area scoring rings or print out copies of the target scoring diagram in the State Shoot Match Program.

10 targets at UNKNOWN distances between:
5-30 yards for Juniors
5-40 yards for Seniors.

You may use your score from the Hunter's Education Challenge and divide that by 3.

	Date	Score
Minimum score: 30 out of 100	_____	_____

Instructor Signature

Member Signature