

# 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.  
(Standard at the discretion of the instructor.)

### Hunter Compound, Genesis, Recurve

If available, use a standard 40 cm.target  
(10 point)

Distance	Score
10 yds	
15 yds	
20 yds	
25 yds	

### National Compound & Recurve

If available, use Match Bulletin target size

Distance	Score
60 meters	
50 meters	
40 meters	
30 meters	

Member Signature \_\_\_\_\_

Member Signature \_\_\_\_\_

Instructor Signature & Date \_\_\_\_\_

Instructor Signature & Date \_\_\_\_\_