VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORFOLIO
ARCHERY – National Class only

Name of Member: _________________________________ Date ___________
Instructor Initial ___________

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.)
   _ ___________
   _ ___________
   _ ___________
   _ ___________
   _ ___________

   Distance
   60 meters at 122 cm target
   50 meters at 122 cm target
   40 meters at 80 cm target
   30 meters at 80 cm target

Completion Date ________________________________

Instructor Signature ___________________________
Member Signature ___________________________