

August 8, 2022

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.)

\_\_\_\_\_

<b>Distance</b>	<b>Score</b>
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