

VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORFOLIO
ARCHERY - Level I

Name of Member: _____ Date _____ Instructor 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.)
If available, use a standard 40 cm. (16") target (9 point bull).

Distance	Score
10 yds.	_____
15 yds.	_____
20 yds.	_____
25 yds.	_____

Completion Date _____

Instructor Signature

Member Signature