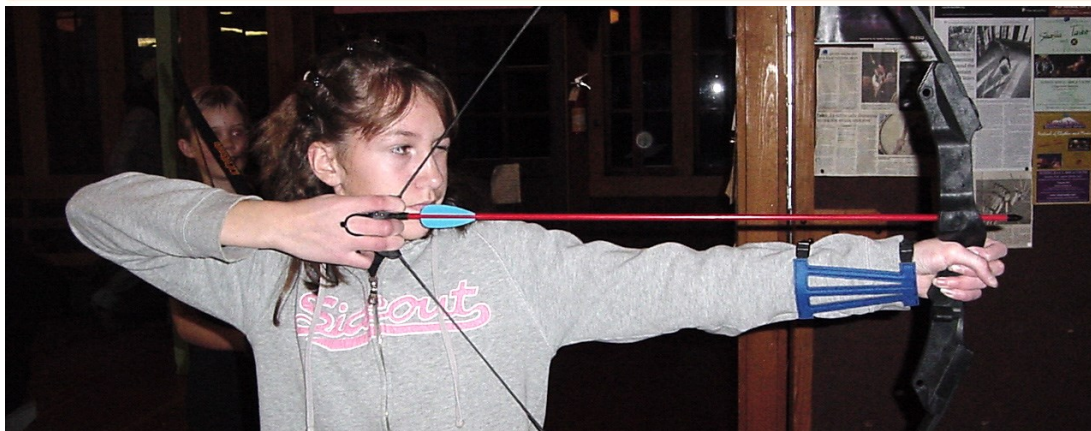




# 4-H ARCHERY PROJECT



The 4-H Shooting Sports Program enables youth to become responsible, self-directed, and productive members of society. The program transfers knowledge, skills, and attitudes to develop human capital, using the subject matter and resources of the land-grant universities.

The specific goals and objectives of the 4-H Shooting Sports Program include:

- Promoting the highest standard of safety, sportsmanship, and ethical behavior.
- Strengthening families through participation in life-long recreational activities.
- Teaching safe and responsible use of archery equipment as well as sound decision making, self discipline, and concentration.
- Learning skills from volunteer leaders certified in the discipline they instruct.

## Starting Out *Beginner*

- Know and understand safety rules when on the range.
- Learn about range lines and safety areas.
- Identify the parts of a bow and arrow.
- Demonstrate the steps of shooting.
- Learn the proper range commands using whistle or voice.
- Shoot arrows and record your scores.

## Learning More *Intermediate*

- Learn how to bare shaft or paper tune your bow, make adjustments, and show results to your leader.
- Explain how to adjust a pin sight.
- Use a bow square to check your bow, arrow rest, and nock for correctness.
- Give a demonstration, talk, or poster presentation on some aspect of archery.
- Organize an archery range set-up.

## Exploring Depth *Advanced*

- Interview someone whose profession involves or is related to the shooting sports and report on an industry-related career opportunity that interests you.
- Contact a local, state, or national association related to archery. Explain to your project group what this association has to offer to its members and other interested individuals.

The activities above are ideas to inspire further project development. This is not a complete list.

## 4-H THRIVE

### Help Youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic, and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.



# Expand Your Experiences!

## Science, Technology, Engineering, and Mathematics

- Experiment with distances and trajectories in arrow flight and report on the results.
- Build your own arrows using the basic components of shafts, nocks, and fletchings.
- Create a film about your project and share with others.

## Healthy Living

- Learn about eye dominance and why it is important in archery shooting.
- Identify how keeping fit improves your physical stance and muscle development for drawing and shooting a bow.
- Name the safety equipment used in shooting a bow and explain why it is important.

## Citizenship

- Plan and implement a community service activity related to your project.
- Participate in an event where you promote 4-H and shooting sports to the public.
- Visit your local County Board of Supervisors meeting and report on the activities of your 4-H club or project.

## Leadership

- Become a role model for others by taking the position of Junior or Teen Leader.
- Mentor younger members in setting shooting-specific goals and developing a plan on how to achieve them.
- Be responsible for teaching materials used at project meeting.

## Resources

- National 4-H Shooting Sports [www.4hshootingsports.org/](http://www.4hshootingsports.org/)
- California 4-H Shooting Sports [http://4h.ucanr.edu/Projects/STEM/SET\\_Projects/ShootingSports/](http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/)
- USA Archery <http://www.teamusa.org/USA-Archery>
- National Field Archery Association <https://www.nfaausa.com/>
- National Archery in the Schools Program <http://www.naspschools.org/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

All 4-H Adult Volunteers who will be acting as a project leader for a shooting sports project MUST be certified in each discipline they teach by the California 4-H Shooting Sports Advisory Committee.



Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you’ve learned with others through a presentation.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> <li>• 4-H Archery Member Manual Oregon State University <a href="http://catalog.extension.oregonstate.edu/4-h361">catalog.extension.oregonstate.edu/4-h361</a></li> <li>• 4-H Archery Member Record Book, Ohio State University Extension <a href="https://ohio4h.org/booksresources">https://ohio4h.org/booksresources</a></li> <li>• 4-H Shooting Sports Education Project - Member Manual &amp; Project Leader Guide Purdue Extension <a href="https://edustore.purdue.edu/subcategory.asp?subCatID=396&amp;CatID=16">https://edustore.purdue.edu/subcategory.asp?subCatID=396&amp;CatID=16</a></li> </ul>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a></p>

## University of California Agriculture and Natural Resources

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*Flex Your Brain*

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