



4-H RIFLE PROJECT



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.

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 subject matter and resources of land-grant universities.

- Promote the highest standard of safety, sportsmanship, and ethical behavior.
- Strengthen families through participation in life-long recreational activities.
- Teach safe and responsible use of rifles as well as sound decision making, self-discipline, and concentration.
- Learn skills from volunteer leaders certified in the discipline they instruct.

Starting Out *Beginner*

- Learn safety and courtesy on the range.
- Keep a shooting diary with notes and observations.
- Identify different types of safety equipment and how to use them.
- Participate in live fire exercises utilizing the fundamentals of firearms safety.
- Demonstrate how to safely handle a rifle.

Learning More *Intermediate*

- Describe four ways to save money and be economical while participating in your project.
- Give a presentation on some technical aspect of rifle shooting.
- Develop a personal reference library of resources that will be helpful in your project.
- Set specific goals related to rifle shooting and develop a plan to accomplish these goals.

Exploring Depth *Advanced*

- Develop your own special rifle event. Create a plan, chart progress, analyze successes and/or problems and report the results.
- Arrange a field trip for your project members to a location that has significance to rifles.
- Demonstrate proficiency in detecting and correcting rifle shooting errors in novice shooters.

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



Expand Your Experiences!

Science, Technology, Engineering, and Mathematics

- Measure and record differences in accuracy when utilizing different types and brands of rifle ammunition.
- Experiment with distances and trajectories in rifle shooting and report on the results.

Healthy Living

- Explain at least three methods for securing a rifle and making it safe from unauthorized users.
- Research hearing loss and the importance of using ear protection when participating in rifle shooting.

Citizenship

- Plan and implement a community service activity related to the project.
- Work with a local agency to promote and/or provide safety locks for guns.
- 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.4-hshootingsports.org/
- California 4-H Shooting Sports http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/
- Civilian Marksmanship Program <http://thecmp.org/>
- National Shooting Sports Foundation <https://www.nssf.org/>

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

Connections & Events

Curriculum

4-H Record Book

Presentation Days – Share what you’ve learned with others through a presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

- National 4-H Shooting Sports Guide—Basic Rifle (Issued to project leaders certified to instruct the project)
- 4-H Shooting Sports Education Project—Member Manual 4-H-1007-W www.extension.purdue.edu/extmedia/4h/4-h-1007-w.pdf
- 4-H Shooting Sports Project: S.T.E.M. Connections <http://cekern.ucanr.edu/files/267532.pdf>

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.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit <http://ucanr.edu/orb/>

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.





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