

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).

<b>Distance</b>	<b>Score</b>
10 yds.	_____
15 yds.	_____
20 yds.	_____
25 yds.	_____

Completion Date \_\_\_\_\_

\_\_\_\_\_  
 Instructor Signature

\_\_\_\_\_  
 Member Signature