



# 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.

## 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.

#### 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.



# 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 fletching's.
- 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 supervisor 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/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/](http://www.4-hshootingsports.org/)
- California 4-H Shooting Sports [www.ca4h.org/Projects/SET/ShootingSports/](http://www.ca4h.org/Projects/SET/ShootingSports/)

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 county 4-H office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> <li>• 4-H Shooting Sports Guide - Basic Archery (<i>Issued to project leaders certified to instruct the project</i>)</li> <li>• 4-H Shooting Sports Education Project - Member Manual 4-H 950 <a href="http://mdc.itap.purdue.edu/item.asp?itemID=19854">//mdc.itap.purdue.edu/item.asp?itemID=19854</a></li> <li>• National Field Archery Association - Downloadable information regarding archery competition <a href="http://www.nfaa-archery.org/">www.nfaa-archery.org/</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>

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

