**VIRGINIA 4-H SHOOTING ECUATION PROJECT PORTFOLIO**

**ARCHERY – LEVEL II**

**Name of Archer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: Instructor Initials:**

1. Demonstrate knowledge of archery safety, including safety \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

considerations pertaining to:

* Zone of fire & direction
* Targets & target identification
* Equipment
* Arrow retrieval
* Range operation

1. Demonstrate knowledge of archer equipment, including: \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Bow types & materials
* Parts of bows & arrows
* Arrow shaft materials
* Arrow points & fletching
* Quivers
* Finger tabs, releases, gloves, arm guards

1. Demonstrate proper archer shooting form, including: \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Eye dominance
* Stance & posture
* Bow-hand grip
* Nocking the arrow
* Setting the hook
* Raising the unit
* Draw
* Anchor
* Aim
* Releasing the string
* Follow through

1. Demonstrate ability to shoot a 3-shot group (10” or less) at 30 m. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Demonstrate ability to move the group to the aiming point. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Shoot 5 arrows at each of the following distances & record score. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Standard at the discretion of the instructor.)

**Distance Score**

60 meters at 122 cm target \_\_\_\_\_\_\_\_\_\_\_\_\_

50 meters at 122 cm target \_\_\_\_\_\_\_\_\_\_\_\_\_

40 meters at 80 cm target \_\_\_\_\_\_\_\_\_\_\_\_\_

30 meters at 80 cm target \_\_\_\_\_\_\_\_\_\_\_\_\_

**Completion Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Instructor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Archer Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**