

## Archery - Ideas for Review & Evaluation

- Demonstrate your knowledge of archery safety, include:
  - Zone of fire and direction
  - Targets and target identification
  - Equipment
  - Arrow retrieval
  - Range operation
- Demonstrate your knowledge of archery equipment, including:
  - Bow types and materials
  - Parts of bows and arrows
  - Arrow shaft materials
  - Arrow points and fletching
  - Quivers
  - Finger tabs, gloves, arm guards
- Demonstrate proper archery shooting form, including:
  - Eye dominance
  - Stance and posture
  - Bow-hand grip
  - Nocking the arrow
  - Setting the hook
  - Raising the unit
  - Draw
  - Anchor
  - Aim
  - Release
  - Follow through
- Shoot a 3-shot group at 10 yards (7" or less)
- Demonstrate your ability to move the group to the aiming point
- 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.)

Used with permission from:  
Virginia 4-H  
Virginia Cooperative Extension Virginia  
Tech and Virginia State Universities  
Website: [www.ext.vt.edu/resources/4h/environment/shootinged/](http://www.ext.vt.edu/resources/4h/environment/shootinged/)

| Distance | Score |
|----------|-------|
| 10 yards |       |
| 15 yards |       |
| 20 yards |       |
| 25 yards |       |