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.)

<table>
<thead>
<tr>
<th>Distance</th>
<th>Score</th>
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<tbody>
<tr>
<td>10 yards</td>
<td></td>
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<tr>
<td>15 yards</td>
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<tr>
<td>20 yards</td>
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<tr>
<td>25 yards</td>
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Virginia 4-H
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Website: www.ext.vt.edu/resources/4h/environment/shootinged/