

4-H Archery Advancement Guide



Oregon 4-H Advancement Programs

An introduction for leaders, parents, and members

4-H advancement programs consist of a series of steps that provide a framework for progressive learning within a specific project area. Advancement programs encourage 4-H members to learn at their own speed based on their interests and abilities. Advancement programs are self-paced and age- and skill-level appropriate. Advancement programs also can be a tremendous help to members as they set their goals each year. In addition, advancement programs are useful to Junior Leaders and more experienced 4-H members who wish to work with younger or less experienced members.

Benefits of 4-H advancement programs

Advancement programs:

- Make projects more interesting
- Assist members in setting and achieving goals
- Encourage self-paced learning
- Help members learn more about their projects
- Encourage age-appropriate building of skill level
- Provide new, enjoyable experiences
- Help prepare members for participation in certain activities and events
- Provide recognition for work well done
- Provide incentive to members to stay in a project over a longer time period

Life skill development and 4-H advancement programs

Participation in 4-H advancement programs is instrumental in the development of life skills, a major emphasis of 4-H programming. Young people who participate in 4-H not only gain knowledge about their project area, they also develop skills that they will use throughout their life.

Specifically, the 4-H Advancement programs are designed to develop life skills in:

- Learning to learn
- Making decisions
- Keeping records
- Planning and organizing
- Achieving goals
- Completing a project or task
- Communicating
- Being responsible
- Developing self-esteem

About the advancement program steps

The advancement steps are written to provide a learning sequence for all members. Although all members should start with step 1, the advancement program is designed so a 4-H member may advance as fast as he or she desires based on interest, effort, and ability. A fourth- or

fifth-grade 4-H member may take 2 or 3 years to complete Step 1; an eighth- or ninth-grade member may complete one or two steps in a year.

Members should work on one step at a time. However, there are times when a member may accomplish an activity in another step before completing the step on which he or she is working. Recognize that if there is considerable difference in the level of skill within a group, members may be working on several levels of the program at one time.

Much of the information that leaders and members need to complete advancement steps can be found in project materials. For the more advanced steps, members will need to refer to other sources.

Recording progress in the advancement program

Leaders should encourage members to keep the advancement program with their records. Doing so allows leaders and members to evaluate the 4-H experience, review progress, and establish goals for the future. Upon completing a step, the member fills in the date and has the leader initial the record.

Reviewing advancement progress

Once a member has completed an advancement step, the leader then should arrange for a review of the experience. This review often is conducted through an interview process.

If it is feasible, the interview can be conducted by someone other than the leader. It is a valuable experience for members to be interviewed by others who have expertise in a particular area. Such interviews help prepare members for job interviews and other real life experiences.

Leaders also might want to arrange for an advancement chairperson or committee to review each member soon after he or she has completed the step requirements.

The review is also an excellent opportunity to involve parents in club activities. Several parents can serve on the committee, and two or three of them can conduct the interviews. The interviewers should be familiar with the 4-H program, its objectives, and the project area.

The advancement chairperson or committee should approve the advancement only when they are satisfied the member is ready to continue on to the next step.

How to use the advancement program

The advancement program should be presented at the beginning of the 4-H year.

Review what was done last year.

Before deciding on specific things to include in the club program, leaders should review what the members and club did previously. A review allows discussion on the following questions:

- "What did we do?"
- "What did we like?"
- "What needs improvement or expansion?"
- "Was everyone involved?"

Review the members' present interests.

Encourage members and parents to express their interests, needs, and goals. This allows them to feel important and committed to the final club program.

Share county/statewide special programs.

Tell your members about activities available to them through your county or the state. Share your special interests with members and parents. This allows members and parents to learn about new opportunities and helps determine whether the club should set specific goals related to them.

Develop your program.

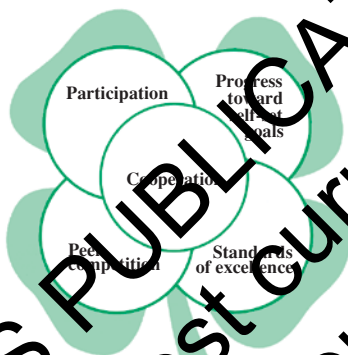
If your group of 4-H participants is small, all the members should be involved in determining the group goals for the year. If the group is large, a special committee may identify the goals for the year's program.

Base your goals on the current year members' range of grades, levels of achievement, and interests. Design the program to meet the needs and interests of each member. Establish goals to meet the interests and needs of youth, provide for individual achievement for each member, and to be within range of accomplishment for each member.

If your club has a wide range of grades, interests, and abilities, divide the club into small groups to work with a junior leader. This enhances the learning and satisfaction of all members.

Recognizing advancement

The National 4-H Recognition Model outlines five different ways in which 4-H members can be recognized.



Participation

This type of recognition program emphasizes the importance of acknowledging young people who have been involved in 4-H educational experiences. For some youth, participation in a 4-H learning experience is an accomplishment.

Progress toward self-set goals

Parents and other adults can help youth set realistic goals. Recognition for progress toward self-set goals, no matter how

small, is an integral part of this type of recognition.

Achievement of standards of excellence

Standards of excellence are established by experts in a given area. By measuring personal progress against standards of excellence, youth can gain insight into their own efforts and abilities.

Peer competition

Peer competition is a part of the model for recognition. This type of recognition subjectively identifies, in a concrete time and place, the best team or individual. It is a strong motivator for some youth but is inappropriate for youth under the age of eight.

Cooperation

Learning and working together promotes high achievement. Cooperation takes advantage of all the skills represented in the group, as well as the process by which the group approaches the learning task/goal. Everyone is rewarded.

Advancement certificates

The 4-H Advancement Program is an excellent way to promote and recognize members' efforts in progressing toward self-set goals and achieving standards of excellence through learning. Advancement certificates that are customized for each project area are available from your county Extension office. Contact a county 4-H staff member to request advancement certificates in your project area.

Earning an advancement certificate deserves recognition. When members have completed a level of advancement, recognize it. You could do this at an achievement meeting or other community event. Extension 4-H staff members also can help leaders prepare pieces for newspaper and radio releases on the members' achievement.

Using the Advancement Program in the Archery Project

A note to 4-H members

Do you like to learn new skills? Do you like to shoot archery? Do you like to participate in outdoor activities? Do you like to learn about animals and trees? Are you interested in the field of archery as a career?

Participating in the 4-H Archery Advancement Program is a great way to get more involved in your archery project. Although the Archery Advancement Program does not replace your project work, it can become an important part of your project. If you use the series of steps outlined in this guide, you can set your own goals for learning and progress in your project at your own pace.

The Archery Advancement Program consists of five skill levels with activities in four learning

1. Archery skills
2. Outdoor skills
3. Natural resources study and conservation
4. Personal development

Instructions for using the advancement guide

4-H members should progress through each of the steps in the order they appear. The steps have been created with developmental skill levels in mind. The steps progress from Step 1 (basic) to Step 5 (advanced).

As you complete each requirement, fill in the date and have your leader or parent

initial it. When you have completed the required number of options to complete a step, tell your leader you are ready to be tested to qualify for that step. After you complete each step, you will receive a 4-H Advancement Certificate from your leader and the county Extension office.

When you have passed Step 1, go in turn to Steps 2, 3, 4, and 5. You can do options for higher steps while you are working on a lower step, but you cannot qualify for the higher step until you have qualified for all preceding steps. You should be able to complete one step every year.

The 4-H Archery Advancement Program can be an important learning part of your archery project. Your progress in the advancement program will become a part of your 4-H record book.

Many answers to the questions in the advancement program can be found in your project manual. For more information about your project, you will need to study resources such as pamphlets, magazines, and books. Your leader can help you with this process.

The 4-H Archery Advancement Program will:

1. Help you learn more about archery.
2. Help you improve your shooting skills.
3. Give you new, enjoyable experiences.
4. Allow you to advance according to your ability, interest, and willingness to work.
5. Provide you with recognition for work well done.

Step I

This is the first step in the 4-H Archery Advancement Program. When you complete eight skill options and three personal development options, you are qualified to earn your Step I Advancement certificate.

Skill Options

1. Draw a diagram of an arrow and label the following parts: point, shaft, crest, fletching, index feather, and nock.
2. Draw a diagram of a strung bow and label the following parts: tip, nock, back, face, handle, arrow rest, bowstring, nocking point.
3. Define the following terms and describe their purpose: armguard, crest, draw, nock.
4. Learn and practice the "Ten Commandments of Archery Safety."
5. Demonstrate (show and tell) how to string a bow.
6. Demonstrate the nine steps of shooting.
7. Make a finger tab.
8. Participate in a community, roadside, campground, or stream bank clean up.
9. Make a map that shows someone how to get to one of your favorite places.
10. Give an oral report on two mammals that are common to your area and their habitat requirements.
11. Shoot and submit your score for at least three rounds of the 4-H Archery Mail-in Tournament.
12. Start a field journal.

Personal Development Options

(Fill in options selected from page 11 of this advancement program.)

13. _____
14. _____
15. _____

_____ has completed all requirements
and is approved for advancement to Step II.

Approved by _____
Club leader Date

Date passed _____ Approved by _____

Step II

This is the second step in the 4-H Archery Advancement Program. When you complete eight skill options and three personal development options, you are qualified to earn your Step II Advancement certificate.

Skill Options

1. Define, describe, and/or explain the purpose or use of the following archery terms: anchoring, arrow rest, barebow, cast, creep, end, field arrow, freestyle.
2. Explain the differences in the following types of bows, and when each would be used: straight bow, recurved bow, compound bow.
3. Read a book, story, or article about archery, bow hunting, or wildlife and report to your club. Tell what happened in the story and what you learned about archery, sportsmanship, and/or wildlife.
4. Explain the proper care and storage of the bow, bow string, and arrows.
5. Organize and lead an archery game with your club.
6. Make a quiver.
7. Plan and complete a 5-mile hike.
8. Demonstrate how to determine directions without using a compass.
9. Find and identify the tracks of five wild animals or birds.
10. Observe and identify 10 different birds. Keep a record of what they were and where you saw them.
11. Shoot and submit your score for at least three rounds of the 4-H Archery Mail-in Tournament.

Date passed _____ Approved by _____

Personal Development Options

(Fill in options selected from page 11 of this advancement program.)

12. _____
13. _____
14. _____

_____ has completed all requirements and is approved for advancement to Step III.

Approved by _____ Club leader _____ Date _____

Step III

This is the third step in the 4-H Archery Advancement Program. When you complete eight skill options and three personal development options, you are qualified to earn your Step III Advancement certificate.

Skill Options

1. Define these archery terms and describe their purpose: bow sight, broadhead, flight arrow, flight shooting, overstrung and understrung, trajectory.
2. Explain three methods of aiming, the advantages and disadvantages of each, and demonstrate at least two of them.
3. Explain how the recurve bow increases the efficiency and smooth drawing quality of the bow.
4. Explain how a compound bow functions, and when it may be used.
5. Make an archery butt or mat.
6. Make an archery target.
7. Participate in a field archery match or tournament.
8. Build a safe campfire and put it out.
9. Cook a meal for yourself and one other person over a campfire or charcoal fire.
10. Find and identify 10 forest plants, trees, or wildflowers. Keep a record of what they were and where you found them.
11. Shoot and submit your score for at least three rounds of the 4-H Archery Mail-in Tournament.

Date passed _____ Approved by _____

Personal Development Options

(Fill in options selected from page 11 of this advancement program.)

12. _____
13. _____
14. _____

_____ has completed all requirements
and is approved for advancement to Step IV.

Approved by _____ Club leader _____ Date _____

This is the fourth step in the 4-H Archery Advancement Program. When you complete six skill options and three personal development options, you are qualified to earn your Step IV Advancement certificate.

1. Make a bow string.
2. Demonstrate how to adjust the brace height or fistmele of a bow.
3. Attach a bow sight to your bow and learn how to use it.
4. Make an overnight hike and camp where you must carry everything you need for at least 1 mile.
5. Give a demonstration on how to pack a backpack for an overnigher.
6. Explain igneous, sedimentary, and metamorphic rocks.
7. Visit a wildlife refuge, and make a report about your visit at a 4-H meeting.
8. Shoot and submit your score for at least three rounds of the 4-H Archery Mail-in Tournament.
9. Demonstrate the art of stalking by using a camera to take a picture of a wild animal or bird that you have followed.
10. Explain to your club or another group the steps required before one may enter private land.
11. Demonstrate how to tie a bowline, timber hitch, and slip knot.

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(Fill in options selected from page 11 of this advancement program.)

12. _____
13. _____
14. _____

_____ has completed all requirements
and is approved for advancement to Step 1.

Approved by _____
Club leader Date

Step V

This is the fifth step in the 4-H Archery Advancement Program. When you complete six skill options and three personal development options, you are qualified to earn your Step V Archery Advancement certificate.

Skill Options

1. Make a set of six arrows. You may purchase parts. They should be suitable for your bow and draw.
2. Explain if it would be safe to set up an archery range at your home.
3. Give a talk about safety and survival in the woods.
4. Plant 10 trees and care for them.
5. Build a birdhouse or bat house and put it up in a good place.
6. Explain how a land feature such as a hill, canyon, or lake was formed.
7. Name and explain three water quality features.
8. Find, identify, and take pictures of 10 native forest trees to add to your field journal.
9. Coach a younger member at a tournament or match.
10. Shoot and submit your score for at least three rounds on the 4-H Archery Mail-in Tournament.
11. Learn the state regulations for hunting with a bow and arrows.
12. Make a bow rack to hold your bow during competitions and practice shoots.
13. Demonstrate how to read a contour map and operate a compass.

Personal Development Options

(Fill in options selected from page 11 of this advancement program.)

14. _____
15. _____
16. _____

_____ has completed all requirements for Step V.

Approved by _____
Club leader

Date _____

Date passed _____ Approved by _____

Personal Development skill options

1. Lead the Pledge of Allegiance and the 4-H Pledge at a 4-H meeting.
2. Lead a song or a game at a 4-H meeting.
3. Preside at a meeting of your club.
4. Write a news story for the local or community newspaper.
5. Give a presentation before a group other than your 4-H club.
6. Serve as host for a 4-H club meeting in your home. See that everyone is welcomed and made comfortable.
7. Serve as a Junior Leader for a club.
8. Serve as a Teen Leader for a club.
9. Participate in a radio or TV program.
10. Visit several elderly persons in your community and tell them about your 4-H archery activities.
11. Present a demonstration or illustrated talk at your club.
12. Participate in a community service project.
13. Serve as a chairman of a club committee.
14. Participate in an archery event outside of your club activities.
15. Attend 4-H camp.
16. Attend Summer Conference at OSU.
17. Develop and exhibit a display at the county fair.
18. Give a presentation at the county fair.
19. Arrange a tour for your club.
20. Secure a speaker for your club meeting.
21. Complete your 4-H records.
22. Develop some options of your own with your leader's approval.
23. Help keep score for the state Mail in Archery Tournament, and see that the scores are correct.
24. Participate as a member of a bowhunter organization or other group that supports habitat development.
25. Explore careers in archery or archery-related jobs.

Revised by the 4-H Horse Development Committee, Oregon State University. Originally developed by Duane P. Johnson, Extension 4-H specialist emeritus; and W. Dean Frischknecht, Extension animal science specialist emeritus; with the assistance of the Development Committee for the horse project; revised in 2001 by J. Bradford Jeffreys, former Extension 4-H specialist; Oregon State University. Introductory material about Oregon 4-H Advancement Programs prepared by Mary Arnold, Extension 4-H specialist, Oregon State University.

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