



# Archery Leader Guide

A sport where members get together and shoot at targets and silhouettes, while having a great time! Through this project, learn about safety precautions, techniques and equipment.

## Project Completion Requirements (PCR)

- Complete at least five (5) project activities.
- Demonstrate target skills and knowledge of archery terminology and/or display one tangible item
- All activities/project meeting topics must be documented on the record page provided.
- Member Booklet** (*with completed member reflection pages*)

**Please make sure that ALL PCR's are completed and present at the Club Achievement Day.  
Resource material (including patterns) is available from the 4-H PEI Office**

## Exhibition Requirements

- There is no Exhibition Requirement for the Archery Project at this time. Should a member or project group decide to create a tangible item - bow stand, arrow quiver, target etc. then each member would be encouraged to send one item on the exhibition circuit.
- Items that are created as a project group - ie. Target - do not qualify to participate in 4-H Classes at the PEI Fairs & Exhibitions. Items built or created individually will be considered depending on size.

**Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions.  
Please check with your Project Leader or visit [www.pei4h](http://www.pei4h) for more Exhibition information.**

## 4-H Year Completion

**In order to complete the 4-H year members are required to:**

- Complete the **PCR's (Project Completion Requirements)** as outlined above
- Complete a **Communication Project**
- Complete a **Community Service Activity**
- Complete an **Agriculture Awareness Activity**

# The Project Leader's Job

To begin, thank you for volunteering your time to be a 4-H project leader! We appreciate your time and willingness to teach today's youth a new skill and share your knowledge.

Becoming a project leader can feel overwhelming at first, but we hope that this page will make your "job" clear and offer some tips to help you be successful.

## Responsibilities

### 1. Become a screened leader

You may have already completed this step, but it is a very important one. The best place to go is to the 4-H PEI website and visit this page: <https://www.pei4h.ca/4-h-leaders>, to see if you have completed all the necessary requirements. Project meetings cannot begin until you have received a "conditional letter" from the Provincial 4-H Office.

**NOTE:** As of July 2019 a new policy has been implemented by 4-H Canada that each project group be accompanied by two screened leaders. *Insert more information about what National has to say about this policy and why they think it is important for this policy to be in place.*

### 2. Set Project Meeting Dates

The amount and length of project meetings is determined by you, the project leader. That being said, you are responsible for covering **five** activities or topics (see project activity ideas pages) with the group. You may decide that you'd like to have five meetings - covering one topic per meeting, or you may decide to spend two 5 hour sessions with your group and cover multiple topics or activities in one meeting. This will also depend on the project you are leading. For instance, if you are leading a quilting project, then the member will be focused on one large item with multiple steps and skills involved. However, a rabbit project may require multiple meetings (and even locations) to cover different activities and topics. Meetings can begin anytime after November 15th.

Whatever the case, we highly recommend that Project Leaders **set dates in advance of members signing up for the project**. This method will ensure the members know what they are signing up for, or enable them to make a decision to not sign up if they cannot commit to the dates listed. We also hope that this will avoid a lot frustration for you, because working around multiple schedules is almost impossible!

### 3. Choose Topics and Activities

You may choose to work on this step before setting dates for project meetings. Some topics and activities may be able to be covered in one project meeting, while others may need their own meeting. Regardless, we ask that you document your project meetings and topics covered on the next page so that the 4-H Specialist can refer to this information at Achievement Day if necessary.

### 4. Materials & Supplies

While you are responsible for determining what materials and supplies are needed, you **are not** responsible for covering these costs. Options to consider:

A. 4-H Canada has a FCC 4-H Club Fund that all leaders are welcome to apply to. These grants are valued at \$500 each. Applications are accepted August through to the end of October.

B. Asking for supplies. Depending on what project you are leading, just putting a call out for the supplies you need to friends, family, etc. may be successful

C. Determine an estimate total for the materials and supplies needed and set a "project fee" that all members will pay to help cover the additional costs

### 5. 4-H Year Completion and Project Completion Requirements

The project leader **is not** responsible for 4-H Year Completion (these components will be completed at the Club level) though each member **must** complete these components. Project leaders should focus on the Project Completion Requirements, found on the front cover of this guide. These are the items that the 4-H Specialist will expect to see on display at the Club's Achievement Day (typically scheduled for June-July).

### 6. Club Meetings & Events

Project leaders are not expected to attend monthly club meetings, but are more than welcome to attend if they'd like to know what is going on at the Club, Provincial or National level of 4-H. Similarly, Club events and activities are open to project leaders, but it is not necessary to attend. Project leaders are encouraged to attend Achievement Day. This is an event that wraps up the Club's 4-H year and a celebration of member success.

# Archery

Hunters and warriors have used archery equipment since prehistoric times. The bow could be shot at long ranges, allowing the shooter to stay away from potentially dangerous animals or enemies. Early bows range from simple staves of wood that were shaped for better performance to strongly re-curved bows that were reinforced with horn, bone or sinew to increase toughness, speed or cast. Bows were designed to meet specific needs.

Developments in materials and engineering produced a number of advances in archery equipment. Fiberglass, aluminum and graphite are used in place of wood. Natural materials, such as feathers and string, now include plastics. Designs changed and mechanical advances were added over time.

Archery has moved into the age of technology, but it continues to be a sport involving hand-eye coordination, consistency and the need for practice to become proficient. Basic knowledge and awareness of common safety considerations are necessary for safe, responsible and enjoyable use of archery equipment.



## Planning Your Project

- **Review & Select** the activities which you want to learn more about - *possible topic choices are included on the next page!* Leaders and/or members are also invited to research and create their own project activity.
- **Discuss** with your project leader the project activity outlines as explained in the guide. The Leader Resource (*available at the 4-H PEI Office*) does include more detailed instructions for some project activities.
- **Identify** your goals & time-line for completing chosen project activities

## Remember...

The multiple intelligence theory teaches us that people learn in at least 8 different ways. All individuals will be stronger in some ways of “intelligence” and weaker in others. It follows that the more ways we teach, the more members we will reach. Teaching projects using a broad blend of writing, reading, hands on work, artwork, self evaluation, discussion, and so on, will help increase the learning potential of all members.

Projects are designed to teach many skills. However, the 4-H member is always more important than the subject matter. Stress cooperation in the activities where possible to develop teamwork and cooperation skills. These are valuable skills that will assist them in a number of settings. Ensure the work is completed in a manner that members feel good about themselves and their efforts. This can be done by assigning appropriate tasks or roles based on member’s individual abilities. Modeling and expecting supportive behaviour (i.e. no “put-downs”) amongst members, or by other adults, also contributes to a positive experience.

**A Leader Resource is available at the 4-H PEI Office. This resource includes more details on each activity and suggestions for Achievement Day agility testing. Members are encouraged can even go a step further and explore the internet for insightful, learning activities!!**

# The Project Leader's Plan

After reviewing the Project Completion Requirements list on the front of this guide, review the Project Activity Ideas page/s. You can also pull ideas from past experiences, books, social media, online or you can plan to join a tool, attend an event or book a guest speaker. The sky is the limit! Regardless of what activities or topics you decide upon, you should choose five in total. It might be a good idea to ask the 4-H members in your project group what they envision before making a concrete plan. In some cases, the project group members may depict what activities or topics based on what project item they have in mind.

## Topics and Activities

1. \_\_\_\_\_

### Supplies needed:

_____	_____
_____	_____
_____	_____

2. \_\_\_\_\_

### Supplies needed:

_____	_____
_____	_____
_____	_____

3. \_\_\_\_\_

### Supplies needed:

_____	_____
_____	_____
_____	_____

4. \_\_\_\_\_

### Supplies needed:

_____	_____
_____	_____
_____	_____

5. \_\_\_\_\_

### Supplies needed:

_____	_____
_____	_____
_____	_____

# Project Activity Ideas

## **Activity 1 - Terminology**

Learn the terms and lingo used in the sport of archery.



## **Activity 2 - Safety**

Before diving into the sport of Archery it is important that members learn how to safety protocol, procedures and practices.



## **Activity 3 - Equipment**

Develop an understanding of archery equipment and how to properly take care of the equipment.



## **Activity 4 - Form**

It is important that members learn the proper form before attempting to shoot an arrow. Proper form is a safety practice and can prevent injury.

## **Activity 5 - Making Archery Equipment**

Under the direction of the project leader or guest, members will create or build a bow, arrow, bow stand, arrow quiver, target or another item related to the archery sport.

## **Activity 6 - Target Games**

Explore preexisting target games or as a project group create a new game!



## **Activity 7 - Archery Club Visit**

Currently PEI only has one Archery Club, Cass' Creek. This is an opportunity for members to use an alternate location and different types of equipment to enhance their skills.

## **Activity 8 - Still Target Practice**

Though each project meeting is bound to include some type of target practice, members are allowed to deem one of the five project meetings as Target Practice.



## **Activity 9 - Design A New Target**

Targets come in all shapes, sizes and forms. With the help of your fellow project members and leaders, get creative and create some new targets

## **Activity 10 - Archery and Survival**

Learn the history of archery and the significant role that archery played in daily life. A means of survival, a way to forage food, and a hobby. How did this fundamental skill become the sport it is today?



## **Activity 11 - Moving Target Practice**

Once the project leader is confident that members have a good handle on shooting s/he may decide to begin teaching members how to hit a moving target.



## **Activity 12 - Endless Ideas**

The options for Archery Activities are ENDLESS! Aside from the provided *suggestions*, you are invited to explore your own ideas that relate to Archery.

## **New Format. New activities. New ideas.**

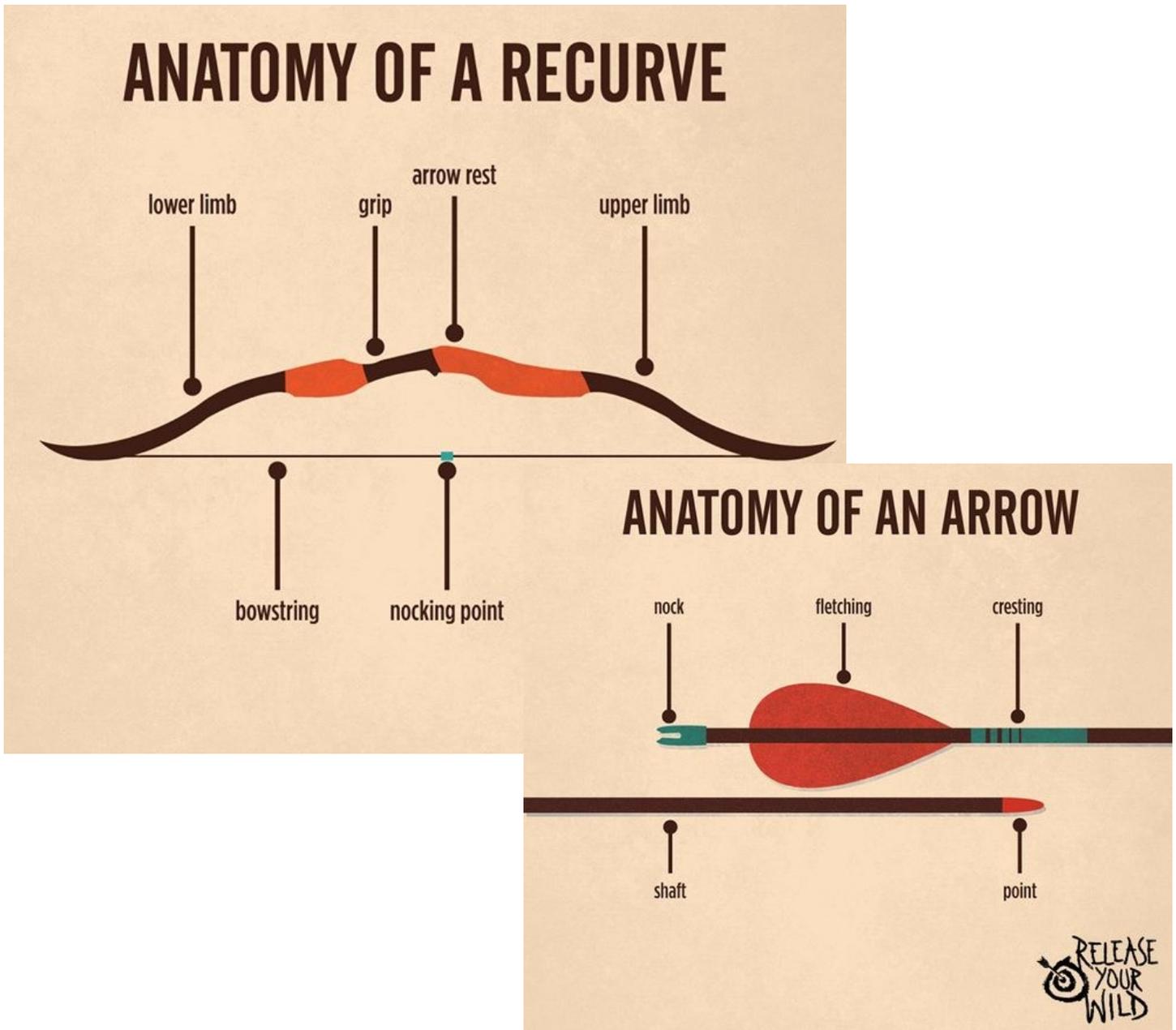
- In its first year of the new project format, the 4-H staff welcome any feedback, questions or concerns about the Archery Project. Please do not hesitate to get in touch. Further instructions are provided in the Leader Guide.
- If you have an idea or topic in mind for a project activity that relates to archery, be sure to talk to your project leader! As you will note in Activity 25 - the ideas provided are suggestions; the new format allows you to review, discuss and select activities that interest you and your fellow 4-H project members. Have fun with it!

# Achievement Day

- Members should be prepared to demonstrate their knowledge of archery terminology at Achievement Day.
- The Project Leader or the 4-H Specialist or designated individual will ask the member to identify the name of a specific piece of the bow or arrow or point to a specific part of the equipment.
- Project Leader or 4-H Specialist will decide if this is done individually, in a group or a mix of the two

## Archery Terminology

Below members will find the most basic terminology that they will be expected to know at Achievement Day. Further terminology may be taught at the discretion of the project leader. The project leader also has the discretion to quiz members on more detailed terminology upon discussion and approval from the 4-H Specialist.

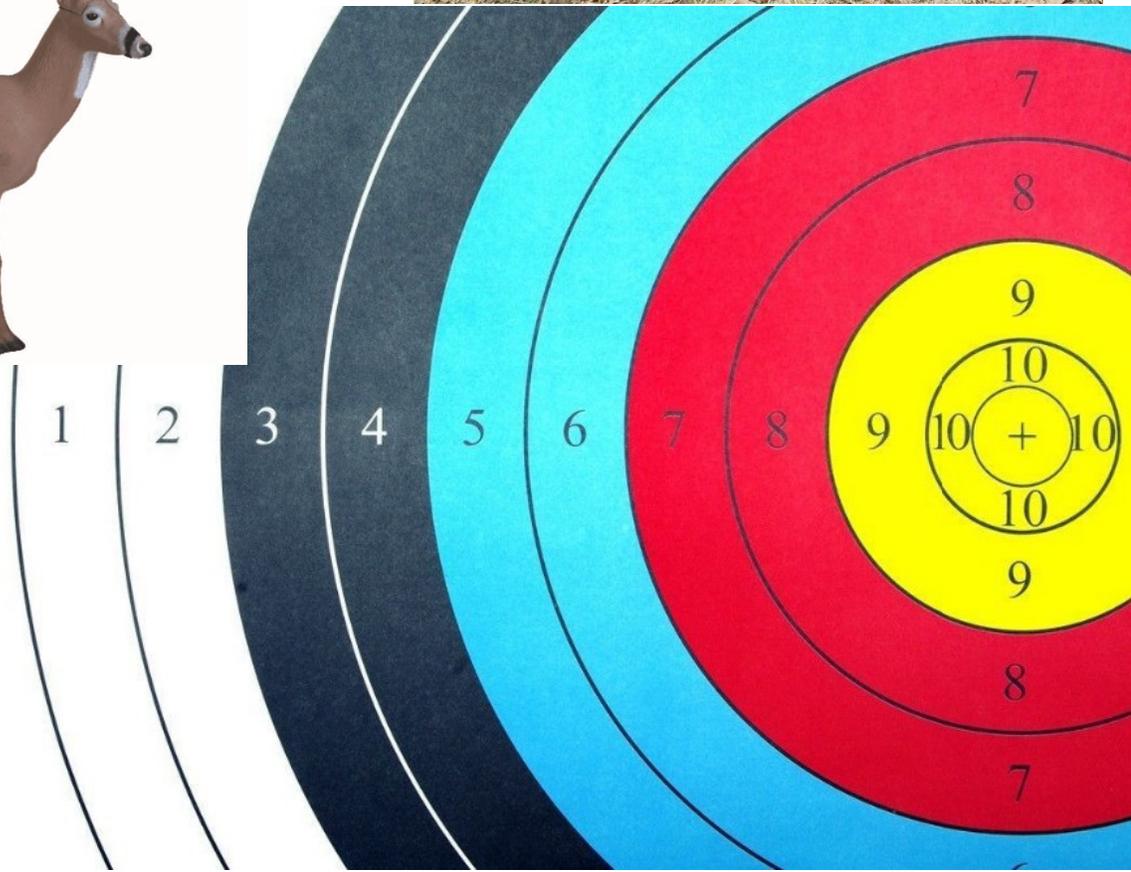


# Achievement Day

- Members should be prepared to demonstrate their new or improved skill at Achievement Day
- The Project Leader will decide upon the type of target
- The 4-H Specialist must be present for each demonstration at the Club Achievement Day

## Demonstrating Target Skills

In an effort to demonstrate target skills, members will attempt to hit the target 3 times with or without coaching from the project leader. All safety precautions must be used or the member may risk their chance of completing the project. The type, size and material of the target will be determined by the project leader based on age, skill level and experience in the archery project.



# 4-H Judging

Judging is an important skill that you will use in 4-H and beyond. As a 4-H member, judging will help you develop important assessment skills, and with practice, you will learn to carefully **observe, evaluate, make decisions, communicate with confidence.**

## Is Judging a requirement for THIS project?

Judging is not a requirement for **ALL** 4-H PEI projects, but you are encouraged participate in the practice whenever possible.

- When Judging is a requirement, it will be listed in the PCR's (Project Completion Requirements) on the front page of this member booklet. Members will need to fill out the score card below showing that the activity has been completed. The judging activity will be arranged by your project leader!
- When Judging is not a requirement, members and leaders may use the information and scorecard below for practice and learning. The skills learned from 4-H judging are used in everyday life situations, so it is always a useful skill to build!

## Score Card for Judging

I place this class of: \_\_\_\_\_ in the order of \_\_\_\_\_  
(Description - specify type of animals or items) (1st) (2nd) (3rd) (4th)

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ at the bottom of this class because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

For these reasons, I place this class of: \_\_\_\_\_ in the order of \_\_\_\_\_  
(1st) (2nd) (3rd) (4th)

## 4-H MEMBER OPPORTUNITY - Provincial 4-H Judging Competition (Annual Event)

This event is open to all members, ages 9-21, and offers a great opportunity to learn more about judging in a competitive atmosphere (Three age categories & cash prizes awarded to top members for their judging abilities). Senior members (17-21) also compete for the chance to join the **Maritime 4-H Judging Team** to compete at **Agribition** (Regina, SK) in November.



- **4-H Canada Learns** is a resource tool providing information on 4-H projects from different provinces. Check out [www.4-h-learns.org/resources](http://www.4-h-learns.org/resources) - keyword "judging" for resource documents that will help with developing and building your judging skills!
- **4-H PEI** is able to provide information to members and leaders on both livestock and non-livestock judging practices. Check with your 4-H Specialist for more information **AND** be sure to check out the 4-H PEI Judging Resource page at [www.4hpei.ca](http://www.4hpei.ca)

# Member Reflection

As a 4-H member, you are encouraged to “Learn to Do by Doing” through hands-on activities. Keeping a record of your 4-H activities with this **Member Reflection** will provide helpful insight for you, your leader and the 4-H Specialist as to skills you have learned and projects you have completed throughout the 4-H year!



**Skill Based Project:** You are encouraged to work on skill development and completion of project requirements (with guidance from the project leader) throughout the 4-H year. Not every activity will have a tangible item (for display), but you are asked to share the activities and learnings in which you participate below...

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

*(feel free to use more space if necessary!)*

**LEADER COMMENTS (optional):** Leader observations can be helpful to you in future years with this and other 4-H projects. Be sure to ask your project leader if they would like to reflect on your 4-H year.

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

# 4-H Year Completion - Checklist

In addition to completing a Skill Based 4-H project, members are also required to participate in Communications, at least **ONE** Ag. Awareness Activity and **ONE** Community Service Activity in order to complete the 4-H year.

Use the space provided to reflect on what you have learned through participation in these activities.

If this information has already been completed in another booklet, please indicate where it can be found:

## My Communications Activity

- Speech       Demonstration (Single)       Demonstration (Team)       Alternate Communications: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I can work on: \_\_\_\_\_

## Agriculture Awareness Activity

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What area of Agriculture would you like to explore in the future?

## Community Service Activity

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What will you do in the future to give back to your community?

## 4-H PEI - Staff Comments

### Completion Requirements

### Completion Notes

Skill Based Project	
Communications	
Ag. Awareness Activity	
Community Service Activity	