



University of California

Agriculture and Natural Resources

4-H Youth Development Program

4-H Members Name: _____ **Club:** _____

SPORTS SHOOTING - Level 1

Explorer-The explorer level is the most basic of all levels. The youth begins to explore the boundaries of the project area, touching on many skills and knowledge areas that will be expanded later.

Date Initial

- ____ ____ 1. Explain the definition of the acronym “MAT”.
- ____ ____ 2. Describe the actions taken when you hear the range command "Cease Fire."
- ____ ____ 3. Demonstrate how to use your safety equipment when firing a rifle.
- ____ ____ 4. Demonstrate how to safely handle a rifle, including muzzle control, loading and unloading, and passing a rifle to another person.
- ____ ____ 5. List at least 3 ways you can demonstrate safety and courtesy on the range.
- ____ ____ 6. Point out and name the 3 major parts of a rifle.
- ____ ____ 7. Explain the function of an action and list 5 different rifle action types.
- ____ ____ 8. Explain the term “caliber”.
- ____ ____ 9. Name the 4 components of a rifle cartridge.
- ____ ____ 10. Explain the difference between a rimfire cartridge and a centerfire cartridge.
- ____ ____ 11. Explain the different types of sights available for a rifle.
- ____ ____ 12. Take time to tell one or more of your friends about the things you are learning and doing in the shooting sports project and report back to the leader or group.
- ____ ____ 13. Participate in 3 live fire exercises utilizing the 3 Fundamentals of Firearms Safety, observed by the shooting sports leader.
- ____ ____ 14. Give a presentation on a related topic at Presentation Day.

Project Leader’s Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____





University of California

Agriculture and Natural Resources | 4-H Youth Development Program

4-H Members Name: _____ **Club:** _____

SPORTS SHOOTING - Level 2

The Producer level builds and expands on the knowledge and skills learned in level 1- Explorer.

Date Initial

- ____ ____ 1. Demonstrate and explain the 4 rifle shooting positions that are allowed in competition.
- ____ ____ 2. Explain the importance of sight alignment and sight picture and its effect on bullet placement on the target.
- ____ ____ 3. Create a poster of 10 or more practical rules for safety related to shooting sports activities and find a way to share them with others outside the project.
- ____ ____ 4. Demonstrate how to zero a rifle by adjusting the sights.
- ____ ____ 5. Describe the different types of bullets (lead, hollow point, jacketed, etc.) and explain how and why they are used.
- ____ ____ 6. Explain the different types of qualification and competition targets and their uses.
- ____ ____ 7. Describe the terms misfire, hangfire, and squib. Explain the different steps you would take when these things occur.
- ____ ____ 8. Shoot at least 200 rounds and log the scores in your shooting diary.
- ____ ____ 9. Reviewing the fundamentals of rifle shooting, identify 2 faults in your shooting that are causing missed targets and develop a drill to correct these faults.
- ____ ____ 10. List and explain at least 3 ways firearms can be secured and made safe from unauthorized users.
- ____ ____ 11. Describe in sequence what occurs from when you pull the trigger to when the bullet exits the muzzle (report, poster or talk).
- ____ ____ 12. Participate in one activity where you promote 4-H and the shooting sports to the public.
- ____ ____ 13. Participate in a range set-up and clean-up.
- ____ ____ 14. Demonstrate how to properly clean a rifle.
- ____ ____ 15. Give a presentation at presentation Day.

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____





University of California

Agriculture and Natural Resources | 4-H Youth Development Program

4-H Members Name: _____ **Club:** _____

SPORTS SHOOTING - Level 3

The Consumer level takes the member beyond the immediate project, out into the community, as they explore the project area in depth.

Date Initial

- | | | |
|-------|-------|--|
| _____ | _____ | 1. Report on the history of one aspect of rifles. |
| _____ | _____ | 2. Interview someone whose profession involves or is related to shooting sports and report on an industry related career opportunity that interests you. |
| _____ | _____ | 3. Invite a guest speaker to one of your meetings and introduce them to the group. |
| _____ | _____ | 4. Shoot at least 50 rounds in each of the four different rifle positions (prone, sitting, kneeling, standing), and document in your shooting journal. |
| _____ | _____ | 5. Give a presentation on some technical aspect of rifle shooting. |
| _____ | _____ | 6. Contact a local, state or national association related to your project. Explain to your project group what this association has to offer to its members and other interested individuals. |
| _____ | _____ | 7. Set at least 3 specific goals related to your shooting skills and develop a plan of action to accomplish these goals. Chart your progress in your shooting journal. |
| _____ | _____ | 8. Give a demonstration, talk or poster presentation on some aspect of shooting sports outside of 4-H. |
| _____ | _____ | 9. Keep a personal reference library of literature (books, magazines, etc.) that will be helpful in your project. |
| _____ | _____ | 10. Describe four ways to save money and be economical while participating in your project. |
| _____ | _____ | 11. Design an "ideal" gun for you to use in a specific application. Come up with as many details as you can, (including dimensions, weight, materials, action, etc.) and explain why you chose each one. |
| _____ | _____ | 12. Alone, or in a group, plan and complete a community service activity related to your project. |
| _____ | _____ | 13. Participate in at least three rifle competitions and document them in your shooting journal. |
| _____ | _____ | 14. Give a presentation at presentation Day. |

Project Leader's Signature of Completion: _____ Date: _____

4-H Program Representative Approval: _____ Date: _____

COMMENTS: _____



Head • Heart • Hands • Health