



# 4-H RIFLE PROJECT



The 4-H Shooting Sports Program enables youth to become responsible, self-directed and productive members of society. The program transfers knowledge, skills and attitudes to develop human capital, using subject matter and resources of land-grant universities. Specific goals and objectives of the program include:

- Promoting the highest standard of safety, sportsmanship, and ethical behavior.
- Strengthening families through participation in life-long recreational activities.

## 4-H THRIVE

Help Youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal.

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the

#### Starting Out *Beginner*

- Learn safety and courtesy on the range.
- Keep a shooting diary with notes and observations.
- Identify different types of safety equipment and how to use them.
- Participate in live fire exercises utilizing the fundamentals of firearms safety.
- Demonstrate how to safely handle a rifle.

#### Learning More *Intermediate*

- Describe four ways to save money and be economical while participating in your project.
- Give a presentation on some technical aspect of rifle shooting.
- Develop a personal reference library of resources that will be helpful in your project.
- Set specific goals related to rifle

#### Exploring Depth *Advanced*

- Develop your own special rifle event. Create a plan, chart progress, analyze successes and/or problems and report the results.
- Arrange a field trip for your project members to a location that has significance to marksmanship.
- Demonstrate proficiency in

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Science, Technology, Engineering, and Mathematics

- Measure and record differences in accuracy when utilizing different types and brands of rifle ammunition.
- Experiment with distances and trajectories in rifle shooting and report on the re-

## Healthy Living

- Explain at least three methods for securing a rifle and making it safe from unauthorized users.
- Research hearing loss and the importance of using ear protection when partici-

## Citizenship

- Plan and implement a community service activity related to the project.
- Work with a local agency to promote and/or provide safety locks for guns.
- Visit your local county board of supervisor meeting and report on the activities of

## Leadership

- Become a role model for others by taking the position of junior/teen leader.
- Mentor younger members in setting shooting specific goals and developing a plan on how to achieve them.

## Resources

- National 4-H Shooting Sports [www.4-hshootingsports.org](http://www.4-hshootingsports.org)
- California 4-H Shooting Sports [www.ca4h.org/Projects/SET/ShootingSports](http://www.ca4h.org/Projects/SET/ShootingSports)

Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you’ve learned with others through a presentation.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities available, such as a field day.</p>	<p>4-H Shooting Sports Guide - Basic Rifle (<i>Issued to project leaders certified to instruct the project</i>)</p> <p>4-H Shooting Sports Education Project- Member Manual 4-H 950 <a href="http://mdc.itap.purdue.edu/item.asp?itemID=19854">//mdc.itap.purdue.edu/item.asp?itemID=19854</a></p> <p>Civilian Marksmanship Program- Downloadable rule books for various rifle compe-</p>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p>



## University of California Agriculture and Natural Resources