

OKLAHOMA 4-H SHOOTING SPORTS



4-H GROWN

LIFE SKILLS

- Set goals related to project area
- Understand short and long-term goals
- Display positive decision making skills
- Gain confidence and self-discipline

LEADERSHIP

- Arrange a field trip to a local gun range or shooting competition
- Demonstrate proper shooting techniques to younger 4-H'ers
- Assist certified coaches in setting up the shooting range before practice

COMMUNICATION

- Demonstrate safe use of shooting sports equipment through practice, talks, demonstrations and exhibits
- Develop effective listening and speaking skills while on the range and in response to the range officer's commands

PROJECT OBJECTIVES

4-H shooting sports is a hands-on program using firearms and archery equipment to teach safety, respect and life skills while inspiring participation in lifelong recreational activities. The shooting sports program is led by certified volunteers who are trained to coach in their respective disciplines. Disciplines include: archery, air rifle/pistol, .22 rifle/pistol, shotgun, muzzleloading, Hunting & Wildlife, and Living History.

- Learn safe and responsible use of firearms and archery equipment
- Promote the highest standard of safety, sportsmanship, teamwork and ethical behavior
- Encourage an understanding of natural resources and develop a personal environmental stewardship ethic

GROW IN YOUR SHOOTING SPORTS PROJECT

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

BEGINNER

- Learn first shot fundamentals and basic firearm safety/handling
- Understand shooting sports equipment
- Learn range etiquette and commands
- Learn to shoot targets and record scores
- Develop effective record keeping skills

INTERMEDIATE

- Learn how to select proper equipment for shooting sports needs
- Describe ways to be economical while participating in the shooting sports project
- Understand proper methods for cleaning equipment
- Demonstrate how to properly store and transport equipment

ADVANCED

- Identify and correct errors in shooter form
- Recognize different accessories and their functions
- Understand the fundamentals of competitive shooting

EXPAND YOUR EXPERIENCE

- Present proper outfit and accessories for shooting in Impressive Dress contest
- Make a poster on firearm and archery safety for a local poster contest or fair competition
- Teach others how to prepare a meal with wild game



4-H GROWN

CITIZENSHIP

- Clean and maintain the shooting range and participate in environmental stewardship
- Volunteer to help at a local shooting match
- Work with a local agency to promote/provide safety locks for firearms
- Talk to civic organizations about firearm safety in the home

HEALTHY LIVING

- Teach others about the benefits of spending more time outdoors
- Research hearing loss and the importance of using ear protection when using firearms

SCIENCE

- Create a display exhibiting the process of combustion and propulsion in a firearm
- Explore the history, development and evolution of firearms and archery
- Compare and contrast different brands and types of ammunition
- Demonstrate the role our bones and muscles play when shooting

RESOURCES

4-H CURRICULUM

- General Shooting Sports Information 4H: http://agweb.okstate.edu/fourh/events/docs/shoot/General_ShootingSports_Information.pdf
- How to Start a Shooting Sports Club: http://agweb.okstate.edu/fourh/events/docs/shoot/start_shooting_sports.pdf
- National 4-H Shooting Sports: <http://www.4-hshootingsports.org>

OPPORTUNITIES

- County, district, state and national 4-H shooting sports competitions
- Shooting sports exhibits at county and state fairs
- Check with your local gun club or other shooting ranges to see if there are additional opportunities you can participate in or volunteer at

RESOURCES

Learn more at:
<https://4h.okstate.edu/projects/shooting-sports-curriculum/index.html> or contact your county Cooperative Extension



OSU EXTENSION 4-H YOUTH DEVELOPMENT

Oklahoma 4-H is the youth development program of the Oklahoma Cooperative Extension Service and Oklahoma State University

Join Our 4-H Community:



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