The 4-H Rifle Project is part of the 4-H Shooting Sports Program, which aims to help youth 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. The program focuses on:

- Promoting highest standards of safety, sportsmanship, and ethical behavior.
- Strengthening families through participation in life-long recreational activities.
- Teaching safe and responsible use of rifles as well as sound decision making, self-discipline, and concentration.
- Learning skills from volunteer leaders certified in the discipline they instruct.

### 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 shooting and develop a plan to accomplish these goals.

### 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 rifles.
- Demonstrate proficiency in detecting and correcting rifle shooting errors in novice shooters.

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

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### 4-H THRIVE

#### Help Youth:

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### 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 help them reach higher levels of success.

### 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. Seek help from others. What are youth going to do when things get in their way?

### 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 community, improve their character or establish connections.
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 results.

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 participating in rifle shooting.

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 Supervisors meeting and report on the activities of your 4-H club or project.

Leadership
- Become a role model for others by taking the position of Junior or Teen Leader.
- Mentor younger members in setting shooting specific goals and developing a plan on how to achieve them.
- Be responsible for teaching materials used at project meeting.

Table: Connections & Events, Curriculum, 4-H Record Book

Presentation Days – Share what you’ve learned with others through a presentation.
Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.
Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

- National 4-H Shooting Sports Guide—Basic Rifle (Issued to project leaders certified to instruct the project)
- 4-H Shooting Sports Education Project—Member Manual 4-H-1007-W
  [www.extension.purdue.edu/extmedia/4h/4-h-1007-w.pdf](http://www.extension.purdue.edu/extmedia/4h/4-h-1007-w.pdf)
- 4-H Shooting Sports Project: S.T.E.M. Connections
  [http://cekern.ucanr.edu/files/267532.pdf](http://cekern.ucanr.edu/files/267532.pdf)

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.
- 4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

- National 4-H Shooting Sports
  [www.4hshootingsports.org/](http://www.4hshootingsports.org/)
- California 4-H Shooting Sports
  [http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/](http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/)
- Civilian Marksmanship Program
  [http://thecmp.org/](http://thecmp.org/)
- National Shooting Sports Foundation
  [https://www.nssf.org/](https://www.nssf.org/)

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

All 4-H Adult Volunteers who will be acting as a project leader for a shooting sports project MUST be certified in each discipline they teach by the California 4-H Shooting Sports Advisory Committee.

University of California Agriculture and Natural Resources

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