



Completed (40 possible)	_____
Accuracy of answers (30 possible)	_____
Appropriate grammar (15 possible)	_____
Neatness of record (15 possible)	_____
Total	_____
A = 86-100 points	
B = 71-85 points	
C = 70 points or less	

# 4-H Sports & Recreation Level 1 (Grades 3-5) Record Sheet

Record for Year \_\_\_\_\_

A completed record sheet is due by the last business day of June to exhibit each project at the fair.  
Use any 4-H publications, the internet, the library, or a professional to help you prepare your responses.

## The Basics

Name \_\_\_\_\_ 4-H Club \_\_\_\_\_

Years in 4-H \_\_\_\_\_ Grade \_\_\_\_\_ Years in Project \_\_\_\_\_

## Making Strides

Name three organized sports that involve a ball and three that involve a net.

Three organized sports that involve a BALL:	Three organized sports that involve a NET:

Name three non-competitive outdoor recreational activities.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Gaining Momentum

What is one outdoor recreational activity you have never tried? Why haven't you tried it yet? Do you hope to try it in the future? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is your favorite organized sport and why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is one of the most bizarre sports you can think of and why? \_\_\_\_\_

### **Achieving Success**

How many minutes of physical activity or exercise should someone your age try to achieve each day? \_\_\_\_\_

Use a stopwatch or timer to determine your heart rate. Find your pulse on your inner wrist or on the side of your neck under your jaw bone, count the number of beats or pulses you feel for thirty seconds, and multiple by 2.

Number of beats I felt in 30 seconds \_\_\_\_\_ x 2 = \_\_\_\_\_ beats per minute (my resting heart rate)

Now, go for a short jog, run in place, jump on a trampoline, or play with your family pet. Check your heart rate again after being active for a little while.

Number of beats I felt in 30 seconds \_\_\_\_\_ x 2 = \_\_\_\_\_ beats per minute (my active heart rate)

Did your heart rate increase? \_\_\_\_\_ If yes, how much did it increase? \_\_\_\_\_

Provide a brief description of your 4-H exhibit or plan for your exhibit.

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We do not necessarily care what you spent constructing your exhibit, but it is good for you to understand that things have a cost. Even poster boards are not free. Approximately how much did you spend constructing your exhibit or think you'll spend once it is complete?

\$0.00-\$5.00    \$5.00-\$15.00    \$15.00-\$30.00    \$30.00-\$50.00    Greater than \$50.00

### **Rising Like a Champion**

What is one thing you learned or sparked your interest as a result of completing this project? \_\_\_\_\_

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In what way does this project apply to your life, or why is this subject matter important to you? \_\_\_\_\_

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