



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 2 (Grades 6-8) 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

Choose an organized sport and list at least two regulations and/or rules related to that sport.

Organized Sport: \_\_\_\_\_

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

Choose an outdoor recreational activity and list at least two regulations that apply to that recreational activity.

Outdoor Recreational Activity: \_\_\_\_\_

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

## Gaining Momentum

Sports and recreational activities take place all around us in a variety of venues. List two sports and/or recreational activities that take place in the facilities or settings below:

Facility/Setting	Sport/Activity #1	Sport/Activity #2
Indoor Court		
Outdoor Court		
Woods/Forest		
Pool		
Open Water (lake, river, or ocean)		
Rink		

List two health benefits of participating in a sport or recreational activity of your choice.

Sport/Activity: \_\_\_\_\_

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

What is the difference between aerobic activity and anaerobic physical activity? Give an example of each type.

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### **Achieving Success**

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

Reflect on your own physical activity as well as the others in your family. How well are you and your family doing?

Me: 1=great 2 3 4 5=not good at all	Family Member C: 1 2 3 4 5 n/a
Family Member A: 1 2 3 4 5	Family Member D: 1 2 3 4 5 n/a
Family Member B: 1 2 3 4 5 n/a	Family Member E: 1 2 3 4 5 n/a

In what ways could you or someone in your family possibly improve? What could you and your family begin doing to increase your physical activity? Is there something you can do together? \_\_\_\_\_

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

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### **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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