

Pulaski County Sports Project



Name: _____

Grade: _____

4-H Club: _____

Leaders Signature: _____

Pulaski County 4-H Sports Manual

Welcome to the world of sports! Sports appeal to almost everyone – young or old, tall and short, male and female. A sport can be any activity which we do in our leisure time in order to grow physically, mentally, socially, or spiritually.

Sports require a combination of physical strength, alert minds, enthusiasm, purpose, and teamwork. Sports develop the qualities in people that help to make them pleasant, well-adjusted human beings. And, besides all that, sports activities are fun!

Beginning Your Project

You should try and learn as much as you can about the sport or activity. You might want to visit the library, a sporting goods store, or attend a game in order to learn more about your chosen area. Coaches and players are also good sources of information. After you become familiar with the sport, teach others what you have learned.

A few of the sports that you may be interested in are listed below:

Baseball	Gymnastics	Tennis	Wrestling
Martial Arts	Basketball	Soccer	Track & Field
Band	Table Tennis	Bowling	Swimming
Volleyball	Golf	Ice Skating	Judo
Cheerleading	Softball	Color Guard	Board Games
Computer Games	Card Games		

GENERAL GUIDELINES

There are a wide variety of sports available to be pursued and enjoyed, plus lots of physical and recreational benefits. In this project, you learn a lot about your chosen sports and hopefully increase your skills in mastering your sport. Through the 4-H Sports Project you will:

1. Learn basic skills of the sports
2. Learn safety rules of the sport.
3. Practice good sportsmanship.
4. Have fun learning and participating in the sport.

There are several ways you can participate in the Sports Project.

- Participate actively with any organized team in the county.
- Participate in a sport with your family, friends, or 4-H club.
- If the sport is an individual sport, participate on your own.
- Do a report about a sport (ex.-ice skating) or a sport hero (ex.-Michael Jordan) you enjoy, but do not participate.

EXHIBIT REQUIREMENTS

Exhibits will be judged in categories according to grade at time of enrollment.

- ❖ Level A – Grades 3-5
- ❖ Level B – Grades 6-8
- ❖ Level C – Grades 9-12

Exhibit either a poster or a notebook along with a completed record sheet.

Follow general poster rules for making posters. Include on the poster or in the notebook a brief story (no more than one page) telling your experiences in learning about the sport – such as why you chose the sport, where you learned about or how to play the sport, rules, and how learning about or playing the sport will be helpful to you.

You may use pictures from magazines or newspapers, photographs, original art work, etc. to illustrate your poster or notebook. Limit the number of picture pages in your notebook to 4. Be sure to label each illustration appropriately.

A completed record sheet must be signed by the 4-H leader and turned in with the exhibit.

Each year, after your first year in the project, choose a new sport to learn about or expand and learn more about the sport you chose previously. Your exhibit should show greater understanding and more in-depth information about your sport. If exhibiting a notebook, include previous year. Put current year first with dividers for each previous year.

Exhibit will be judged on the following:

- a) Poster or Notebook – Followed Guidelines. 25 points
- b) Creativity (Eye catching, educational, etc.).20 points
- c) Workmanship (Use of materials, Neatness). 40 points
- d) Informational (Conveys a message or story of why you chose this sport.). . . 25 points

Sports Record Sheet
Pulaski County
Year _____

Level (Circle One) A B C

Name _____ Grade _____

Name of 4-H Club _____

Name of Sport _____

PART 1 :(To be filled out before you begin the sport)

Basic Skills I Would Like to Learn:

1. _____
2. _____
3. _____
4. _____
5. _____

Did you give a demonstration on sports at a 4-H meeting? _____

If yes, what was the topic? _____

Did you teach someone else how to play your sport? _____

If yes, who? _____

What did you teach them? _____

=====

I believe the above is accurate.

(Signature of 4-H Leader)

(Date)

PART 2: (To be filled out just prior to the fair)

Basic Skills I Learned This Year:

1. _____
2. _____
3. _____
4. _____
5. _____

Did you enjoy participating in this sport? _____

Why or why not? _____

Did you participate on an organized team this year? _____

Explain _____

What other Sports would you like to learn or explore?

1. _____
2. _____

Do you plan to continue to learn new skills for your sport? _____

Explain _____

Did you show good sportsmanship while playing you sport? _____

How? _____

List three (3) safety rules to remember while playing your sport.

1. _____
2. _____
3. _____