



SPENCER COUNTY

4-H

SPORTS

MANUAL





4-H Sports Project

(County Only – No State Fair Exhibit)

1. Objectives of the 4-H Sports Project:
 - a. Learn the basic skills of the sport you select.
 - b. Learn the safety rules of the sport you select.
 - c. Practice good sportsmanship.
 - d. Have fun learning and participating in the sport.
2. To participate in the 4-H Sports Project choose one of the following methods:
 - a. Participate actively with any organized team of which you are a member.
 - b. Participate in a sport with your 4-H club.
 - c. If the sport you select is an individual sport, participate to the best of your ability.
3. You may use any good resource books available through local libraries, bookstores, sporting goods stores or find information on the internet.

Project Requirements

1. Choose at least one sport you enjoy.
2. Learn what the basic skills are for your particular sport.
3. Determine what your skill level is for each of the basic skills: Beginner, Intermediate or Advanced.
4. Carefully complete the record sheet.
Be honest! If you have not improved a skill to your own satisfaction, say so.
5. Include sports project record sheet in green member's folder; turn in at fair project check in.
6. Exhibit Requirements (all levels):
 - a. Exhibit one 22" X 28" poster*. (See General Poster Exhibit rules in handbook p. 8)
Choose **one** of the following titles for your poster:
 1. "Safety Rules For (sport name)"
 2. "Equipment Needed For (sport name)"
 3. "Basic Skills to Develop For (sport name)"
 4. "Exercise Value of (sport name)"
 5. Any other single topic that relates directly to your sport (interview a sports figure).

*Choose a different exhibit each year you are in the project. You may use pictures, photographs, original art work, etc. to illustrate your poster. Label each illustration.

 - b. Levels for exhibits:
 - Level 1--Beginner: grades 3, 4, 5
 - Level 2--Intermediate: grades 6, 7, 8
 - Level 3--Advanced: grades 9 and above
7. If you participated in more than one sport, choose only one for your poster exhibit.
8. Attach completed record sheet to back of poster exhibit in addition to the one in green book.
9. Select a different sport or topic each year. Some possible sports include:
Aerobics, Badminton, Baseball, Basketball, Bowling, Camping, Canoeing, Bicycling, Cross Country, Dancing, Diving, Fencing, Football, Golf, Gymnastics, Hockey, Ice Skating, Martial Arts, Rollerblading, Roller Skating, Rugby, Running, Skiing, Skateboarding, Soccer, Softball, Swimming, Tennis, Track and Field, Trampoline, Tumbling, Volleyball, Walking or Hiking, Wrestling, etc.

Benefits from Sports Participation

Participation in sports is an education in itself. No other single program today can offer a growing youngster the following benefits:

Physical Well-Being

Through participation in sports the body and the mind grow and develop. The muscles as well as the vital organs (heart and lungs) grow strong with increase in physical activity.

Discipline

We hear from many places that young people need to learn discipline. Athletics teaches and imposes self-discipline which is vital to a successful adult life.

Release of Physical Energy

Some way, some how, young people will find a way to release their physical energy. Sports offers a wholesome outlet for this energy.

Competition

Our entire way of life is based on competition. Every person in industry, business, or a profession is competing to improve or maintain their economic standing. Sports participation in a wholesome environment can teach the spirit of competition.

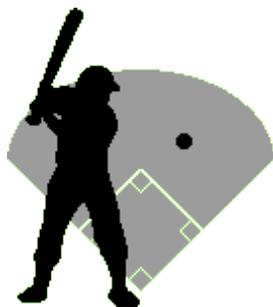
Loyalty

Being faithful to a team, group or cause is an important lesson of athletics. No one will fail themselves when they have learned the lesson of being loyal to others.

Perseverance

How many times do people miss the goal they have been seeking because they quit trying a little too soon? Athletes learn to stay on the job and not give up until the contest is over.

Opportunities in the 4-H program are available to all Indiana youth regardless of race, religion, color, sex, national origin, marital status, parental status, sexual orientation or disability.





4-H SPORTS RECORD SHEET

Year _____

Name: _____ Grade in School: _____

Address: _____

(street, road, rural route, box) (city) (state) (zip)

4-H Club: _____

Years in 4-H: _____ (including this year) Years in this project: _____ (including this year)

I have reviewed this record and believe it to be correct:

Member Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Leader Signature: _____ Date: _____

Name of Sport: _____

1. Basic Skills I Would Like to Learn: *(To be filled out before you begin the sport.)*

1. _____

2. _____

3. _____

4. _____

2. In beginning my sport this year, my skill level is: *(Circle one)*

Beginner Intermediate Advanced

3. Who taught you how to play this sport? _____

4. Did you teach someone else how to play your sport? ____ yes ____ no

If yes, who? What did you teach them? _____

5. Did you give a demonstration on sports at a 4-H club meeting? ____ yes ____ no

Title or topic of demonstration : _____

Given to: *(Check all that apply)* ____ Friends ____ School Class ____ 4-H Club

6. Basic Skills I Learned This Year:

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

7. Did you enjoy participating in this sport? ____ yes ____ no

Why or why not? _____

8. Did you participate on an organized team(s) this year? ____ yes ____ no

If yes, which one(s)? _____

9. What other sport(s) would you like to learn? _____

10. Do you plan to continue to learn new skills for your sport? ____ yes ____ no

If yes, what skills do you want to learn? _____

11. Did you show good sportsmanship while playing your sport? ____ yes ____ no

How? _____

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

1. _____
2. _____
3. _____

13. Many sports have loyal fans as well as participants. Tell why you enjoy watching some sports that you do not play or tell about an interview you have done with a sports figure. _____

You may attach extra pages, newspaper clippings or photos to complete your answer to question 13.