



## 4-H SPORTS RECORD SHEET

Include a signed copy in your three ring notebook.

Grade 3-5  
Beginner  
Level

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

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:

Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Sport:

Four basic things I learned this year in the sports project:

Did you enjoy participating in this sport?  yes  no  Did not participate  
Why or why not?

Did you participate on an organized team(s) this year?  yes  no  
If yes, which one(s)?

What are three things that can make a person unhealthy and reduce their athletic ability?



## 4-H SPORTS RECORD SHEET

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Grade 6-8  
Intermediate  
Level

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

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:

Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Sport: \_\_\_\_\_

I would say that my skill level for this sport is: *(Circle one)* Beginner Intermediate Advanced

**Note: This is NOT your level in this 4-H project.**

Who taught you how to play this sport?

Did you teach someone else how to play your sport? \_\_\_\_ yes \_\_\_\_ no

If yes, who? What did you teach them?

What are three things that could cause an athlete to be injured or reduce their abilities?

List three safety rules to remember while playing your sport.



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Include a signed copy in your three ring notebook.

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

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:

Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Sport: \_\_\_\_\_

I would say that my skill level for this sport is: (*Circle one*) Beginner Intermediate Advanced

**Note: This is NOT your level in this 4-H project.**

Do you plan to continue to learn new skills for your sport? \_\_\_\_ yes \_\_\_\_ no

If yes, what skills do you want to learn? If no, why not?

Did you show good sportsmanship while playing your sport? \_\_\_\_ yes \_\_\_\_ no

How?

What lifestyle changes have you made to be in this sport?

Have you worked with younger children to help them with this sport? \_\_\_\_ yes \_\_\_\_ no

If yes, how? If no, why not?

How do you plan to maintain your health after high school?