

## 4-H PHYSICAL HEALTH: SPORTS

### TERMS AND CONDITIONS

1. Posters must be displayed horizontally, sized 22" x 28", mounted on a firm backing (foam-core board or other), and covered in clear plastic or other transparent material. Include a creative title for your sports poster. Refer to 4-H Poster Guidelines.
2. Choose a different category each year.
3. There are no State Fair entries for this project.

### EXHIBITS

#### Grades 3 – 5

- My Sports - Exhibit a poster with a least six different pictures showing you playing the sport you have chosen for this project.
- Uniforms - Exhibit a poster showing pictures of the complete uniform to be worn for a specific sport. Include helmets, kneepads, etc. Also include any equipment needed to play your sport such as bat, racket, etc. Each item should be labeled with the name and price.
- Field or Court - Exhibit a poster illustration of the dimensions of a field, court, alley, pool, etc. Each dimension should be clearly stated as well as labeled as baseline, free throw line, serving line, etc.

#### Grades 6 – 8

- Techniques or Skills - Exhibit a poster showing at least three techniques or skills used when playing a sport. Briefly describe how and when each technique should be executed.
- Athletes - Exhibit a poster showing at least four well-known athletes in the sport you have chosen. Include athlete's name, team (if applicable), and a list of the athlete's accomplishments. Note your sources.
- Safety - Exhibit a sports safety poster. The poster may include pictures of safety items or safety techniques that can be used to avoid injury, OR you may exhibit a poster showing first aid items that should be kept close by for sports activities.

#### Grades 9 – 12

- Nutrition and Training - Exhibit a poster showing the proper diet and workout schedule for an athlete in training. The poster should show a three-day menu and training schedule. Be sure to show the proper nutrition requirements. Illustrations may be added.
- Sports Venues - Exhibit a poster showing a picture or drawing of a past or present sport venue. Include the name, location, and other interesting facts about the venue. You may choose to use several pictures/drawing on this poster. Examples of items you might include: when it was built, nickname of the venue, what sport(s)/team(s) play there, special features of the venue, historic moments that occurred in the venue, etc.
- Teams - Exhibit a poster showing a past or present sports team. Your poster should focus on one year in the team's history. Display a team photograph and statistics or accomplishments of the team. Be sure to include the league/conference, city, etc, of the team.
- History - Exhibit a report on the history of a sport. The report should include such things as when and where the sport was first played, legendary athletes in the sport, how the sport has changed over the years, etc. Include a list of all sources used. The report should be typed, have a cover page and be exhibited with a clear plastic cover. Reports should be in the 4-Hers' own words.