

# Physical Health: Sports

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## **EXHIBIT ONLY ONE OF THE FOLLOWING EACH YEAR:**

1. A report of one or more pages on what you did and learned about a sport displayed in a folder or notebook. The report should contain pictures and historical information about the sport.
2. A poster using general poster guidelines and requirements (found at beginning of rule book). The poster can include pictures, drawings or any material relevant to the sport.
3. A DVD or other multimedia program, no longer than 10 minutes, explaining a sport you did and learned about. The 4-H member in the sport project should be the narrator in the video.

THE FOLLOWING ARE EXAMPLES OF SPORTS THAT CAN BE USED IN A PROJECT BUT NOT LIMITED TO:

Archery	Badminton	Band	Baseball	Basketball
Bowling	Boxing	Camping Skill	Cross Country	Cycling
Diving	Equestrian	Fencing	Fishing	Football
Golf	Gymnastics	Hockey	Judo	Karate
Skating	Skiing	Soccer	Softball	Swimming
Tennis	Track & Field	Volleyball	Nascar	Wrestling

***NO STATE FAIR ENTRY***