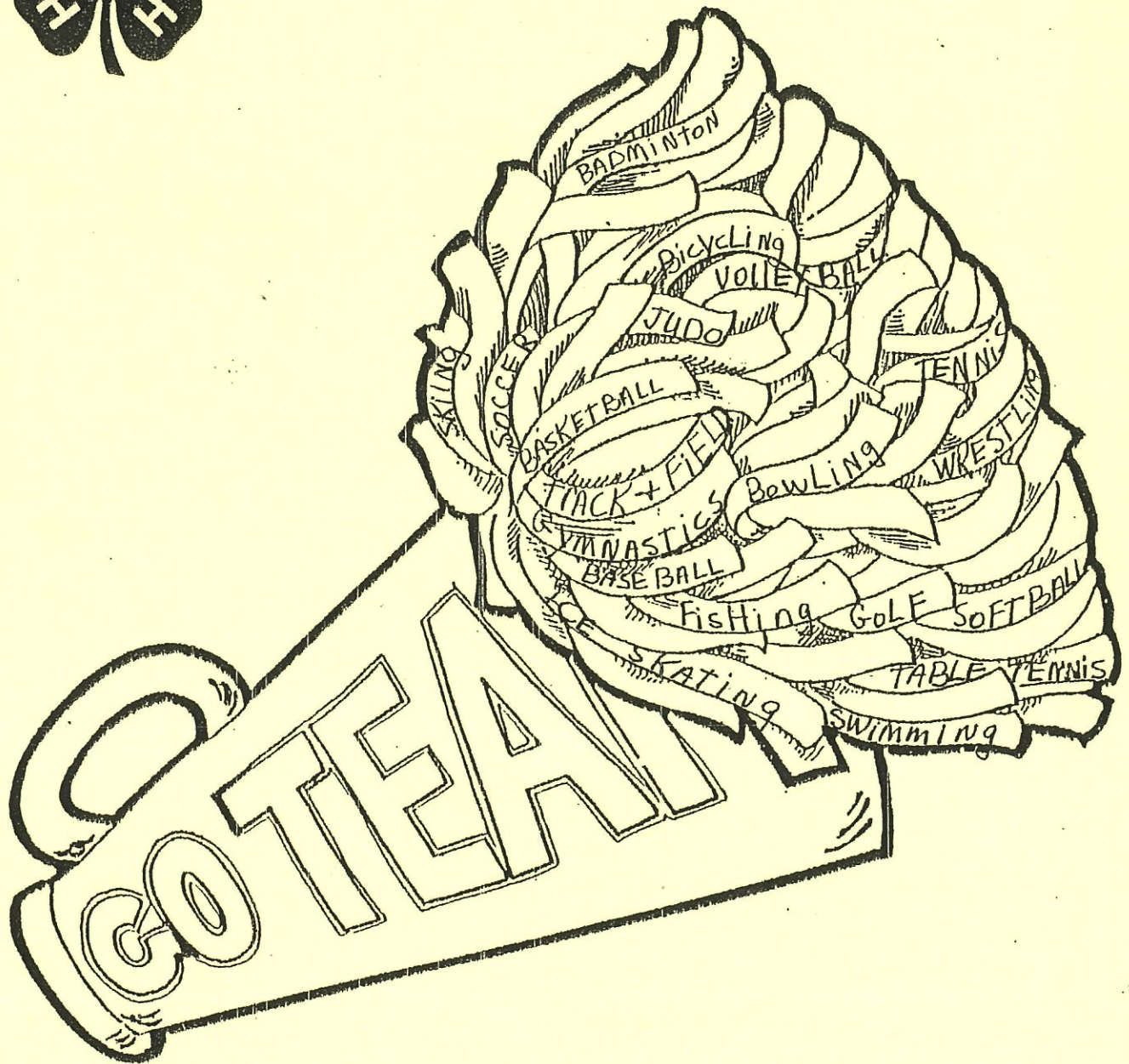


# 4-H SPORTS PROJECT





# 4-H SPORTS PROJECT MANUAL

Introductory: Grades 3 & 4  
Beginner: Grades 5 & 6  
Intermediate: Grades 7, 8, & 9  
Advanced: Grades 10, 11, & 12



**INTRODUCTORY:** Choose one activity that you have not done previously.

1. Turn in completed record sheet and exhibit a poster or notebook of a sport you are interested in. Explain the rules of the game and the fitness health required for an athlete for that sport. Include pictures or drawings of the sport.
2. Turn in completed record sheet and exhibit a poster or notebook of a sport you are interested in. Explain the precautions to be used in this sport. Include pictures or drawings of the sport.

**BEGINNER:** Choose one activity that you have not done previously.

1. Turn in completed record sheet and exhibit a notebook or poster on the history of a sport you are interested in. This can be the sport you did in Introductory Division or a sport new to you.
2. Turn in completed record sheet and exhibit a notebook or poster on the sport you have little knowledge in. Must be a different sport that you did last year.

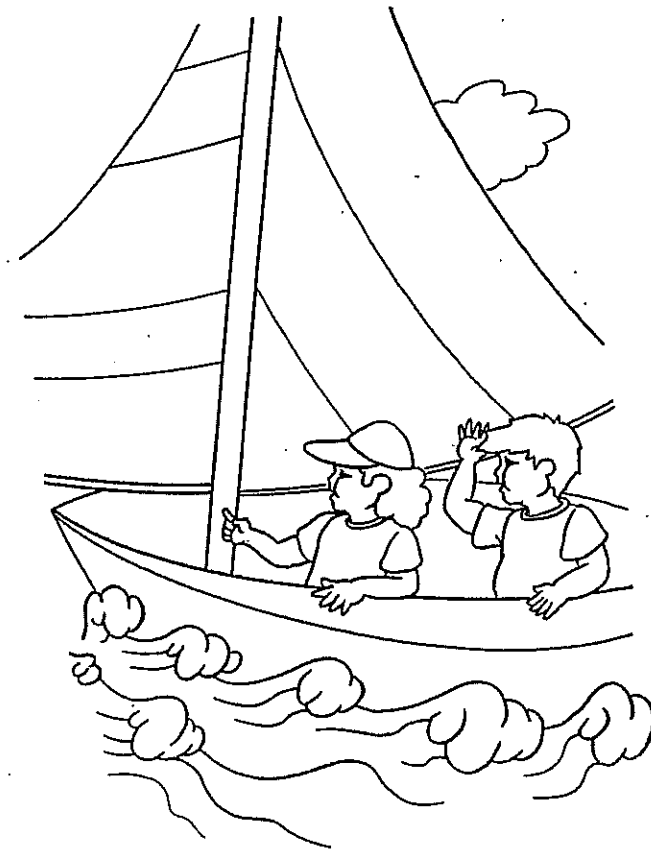
**INTERMEDIATE:** Choose one activity that you have not done previously.

1. Turn in completed record sheet and exhibit a notebook or poster on your personal participation in a sport and the fitness it requires of you. Include pictures of yourself and explain your participation and how the sport has affected your life.
2. Turn in completed record sheet and exhibit a notebook or poster on an important person who has influenced the sport you are interested in. Tell how he/she has helped shape the sport to what it is now. Include pictures if possible.
3. Turn in completed record sheet and exhibit a notebook or poster on the person who invented the sport you like. The report should be informative of at least, but not limited to, 300 words. Include pictures if possible.

ADVANCED: Choose one activity

Turn in completed record sheet and exhibit one of the following you have <sup>done</sup> previously.

1. Exhibit a poster or notebook on the life-style an athlete should maintain to remain healthy and competitive. (Examples here include nutrition and diet, exercise, drug abuse, etc.)
2. A notebook or poster on a present or past sportsman, such as a professional football player. The report should be at least 500 words in length and can include pictures, newspaper and magazine articles, etc.
3. Exhibit a poster or notebook on the major rule changes on a particular sport from an elementary level to a professional level. (For example: Little League - vs - Professional baseball.)



Welcome to the world of sports! Sports appeal to almost everyone—young and old, tall and short, male and female. A sport can be any activity that 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!!!

In the 4-H Sports project, there are many sports from which to choose. Just to name a few:

Badminton  
Baseball  
Basketball  
Bicycling  
Bowling  
Fishing  
Golf

Gymnastics  
Ice Skating  
Judo  
Skiing  
Soccer  
Softball  
Swimming

Table Tennis  
Tennis  
Track & Field  
Volleyball  
Wrestling

#### WHY SPORTS IN 4-H????

\*The Sports project provides the opportunity for instruction and participation in sports as an integral part of the culture in which we live.

\*To emphasize that skills in sports are valuable, social, and recreational tools which may be used to enrich the lives of our youth.

\*To emphasize that participation in sports contributes to the development of self-confidence and good health.

\*To emphasize that sports have an appeal for almost everyone and people talk about sports as much as the weather. Almost any activity that is done with the main purpose of exercise of the body may be called a sport.

#### BENEFITS FROM SPORTS PARTICIPATION.....

\*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...Athletics teach and impose self-discipline, vital to a successful adult life.

\*Release of Physical Energy...Everybody, young and old, needs a healthy way to release physical energy.

\*Loyalty...Being faithful to a team, group, club, or a cause is an important lesson of athletics. No one will fail when the lesson of being loyal to others has been learned.

**\*Perseverance...How many times do people miss their goal because they gave up or quit trying too soon? Sports participants and 4-Hers learn to persevere.**

**\*MAKING NEW FRIENDS!!!**

**\*HAVING FUN!!!**

### **TELLING AND TEACHING OTHERS ABOUT YOUR PROJECT...**

How do you teach others? One way is to give a demonstration. A demonstration is a talk or speech that explains something. It doesn't need to be long—3 to 5 minutes is fine. By giving a demonstration you'll learn to organize your thoughts, prepare an outline, and how to talk in front of a group of friends. You could give a demonstration for your club or class. Here are some suggested demonstration topics:

|                     |                                       |
|---------------------|---------------------------------------|
| Sportsmanship       | How to Keep Score                     |
| Safety in Sports    | Care of Equipment                     |
| Teamwork            | Rules of the Game                     |
| Origin of the Sport | Buying Sports Equipment               |
| Setting up the Game | Conditioning & Conditioning Exercises |

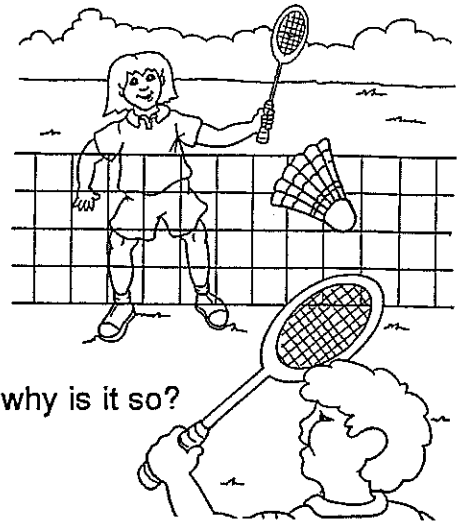
Another way you can teach others is to let them participate in the game. You might want to form a team in your 4-H Club and challenge another club. Be sure you explain the rules of the game. If you'll need special equipment, be sure to arrange for it. Sports can be an important part of any meeting and by playing a game, you can introduce others to your sport. Remember to always encourage fairness and good sportsmanship. Ask someone who is familiar with the rules of the game to referee, either yourself or an Adult Leader.

**YOU MAY WANT TO ASK YOUR PARENTS, FRIENDS, NEIGHBORS, OR COACH TO HELP YOU LEARN ABOUT THE SPORT. OR YOU MAY WANT TO VISIT YOUR LIBRARY FOR LOTS OF INFORMATION.**

**FOR SOME IDEAS FOR EXHIBIT, PLEASE SEE THE STUDY QUESTIONS AT THE END OF THE MANUAL.**

**EXHIBITS WILL BE JUDGED ON ACCURACY OF INFORMATION, SUITABILITY OF MATERIALS USED, NEATNESS, CLEANLINESS, READABILITY AND PRESENTATION. SEE PAGE 1 AND 2 FOR EXHIBIT REQUIREMENTS.**

## STUDY QUESTIONS

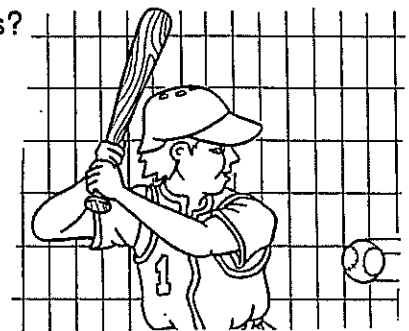


### **BADMINTON** Questions:

1. What is a "smash" in badminton?
2. What is the most important stroke in Badminton, and why is it so?
3. What grip is used in the overhead stroke?
4. What part of one's body is the main governing factor in the speed and distance of a shot?
5. If the server hits the serve above his waist, is it a fault?
6. What is the part of the racket that holds the strings?
7. What is a deep high over the opponent's head, forcing him back from the net?
8. Why is badminton such a good leisure time game?
9. What grip should be used for the service?
10. Where must a server place his serve from the right side?

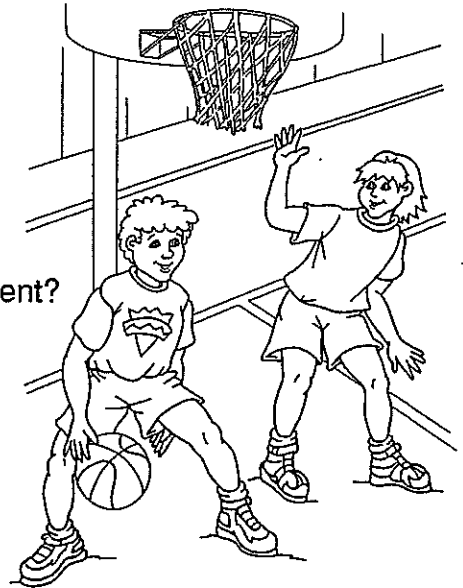
### **BASEBALL** Questions:

1. What are the three basic types of throws in baseball?
2. What is the most useful and most valuable throw in baseball? Why?
3. Describe the basic fielding position for fielding ground balls?
4. Name three of the most common hitting faults.
5. What is the hardest play for a first baseman to make?
6. What are the three types of slides?
7. What are the three basic pitches of a good pitcher?
8. In keeping score in baseball, what position number is given to the second baseman?
9. What does the abbreviation RBI stand for in baseball?
10. What is the distance from each base?



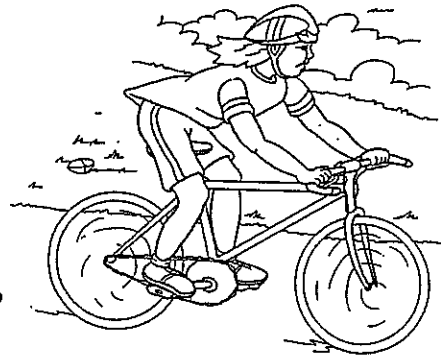
## **BASKETBALL** Questions:

1. What are the measurements of a basketball court?
2. When is a free throw shot?
3. What types of shots are there?
4. What is a good move for getting away from an opponent?
5. What types of passes are used in basketball?
6. What starts a game?
7. What is the purpose of circles on a basketball court?
8. What is the length of a game?
9. What is a hook shot?
10. What is the size of the basket?



## **BICYCLING** Questions:

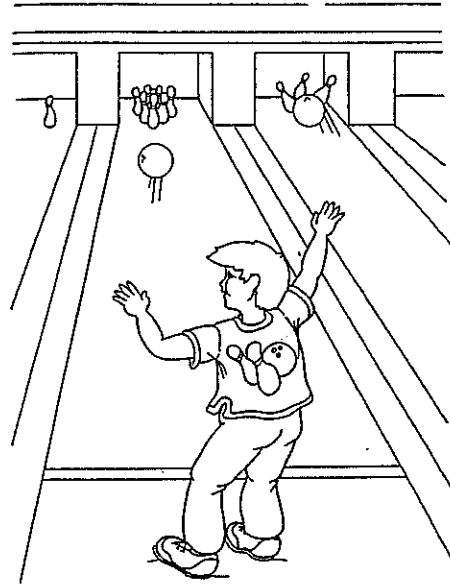
1. Name four types of bikes.
2. What is ankleing?
3. What does gearing have to do with rhythm?
4. What are the three natural forces that resist your speed?
5. Where & how is your weight carried when riding a bike properly?
6. How should a bike fit you? Five points to check.
7. What is the difference in the two types of braking?
8. What causes a blowout?
9. There are two types of braking. One word explains both. What is the word? What does it mean?
10. In a bike race, how can you overcome or lesson the air and wind resistance?





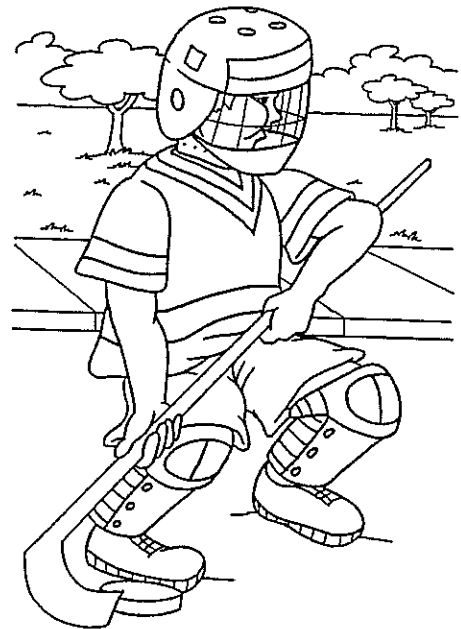
## **BOWLING** Questions:

1. What is the first pin called?
2. How are the pins numbered?
3. How many steps are taken in the delivery?
4. What is a spare ball?
5. What are the three kinds of balls?
6. What mark do you put down for a strike?
7. What mark do you put down for a spare?
8. What is the bonus for a strike?
9. What is a double?
10. How many frames make one game?



## **FIELD HOCKEY** Questions:

1. What are the field specifications?
2. How or in what manner do you approach the ball?
3. How can a goalkeeper prevent a score?
4. How long does a game last?
5. What are the penalties for a foul?
6. How do you start the game?
7. What is the job of the backfield players?
8. Can you use your hands on the ball at any time?
9. What is a bully?
10. Who was the founder of U.S. field hockey?
11. What is the most common foul?
12. How close can you go to the goal to score?



## **GOLF** Questions:

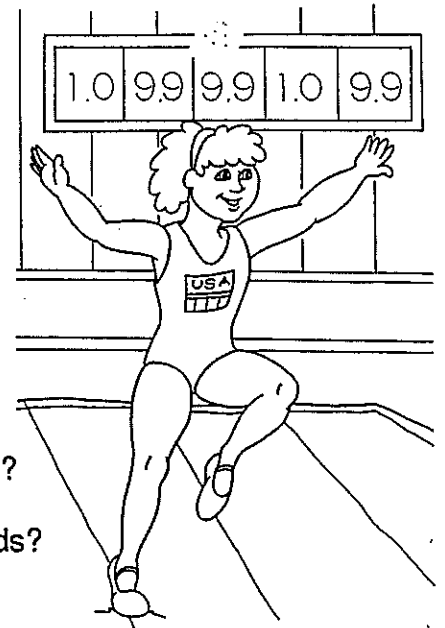
1. When was golf first officially recognized?
2. What is the starting point of each hole?
3. How large is the cup?
4. What is the chief difference among the wood and iron clubs?
5. What does the angle of the club face determine?
6. What kind of shots is a wedge used for?
7. What is the greatest asset and most individualized skill in golf?
8. Explain the grips used in golf.
9. What is the primary objective on long putts?
10. What is the difference between stroke play and match play?
11. What do the terms birdie, bogie, and eagle mean?



## **GYMNASTICS (Trampoline, Gymnastics, Apparatus, and Tumbling.)**

### Questions:

1. What are the two main fundamentals required in all gymnastics?
2. What is a tuck?
3. What is mementic tumbling?
4. What are the parallel bars?
5. How do you protect yourself in vaulting?
6. What is a balance beam?
7. "How is a forward roll executed?
8. What exercise can be done from an ordinary handstand?
9. What is needed for safety precaution besides safety pads?
10. How should you mount and dismount the trampoline?
11. What do you do to kill the spring in a bounce and prevent an uncontrolled bounce?



## ICE SKATING Questions:

1. What are the three skating skill grades of the Ice Skating Institute of America?
2. What is the proper way to lace the skates?
3. What type of skate is best for beginners?
4. What is the best way to maintain one's balance on his skates?
5. How does the "swizzle" help in ice skating?
6. Why is leaning important?
7. What movement helps in moving backward?
8. What is the most frequently used type of turn in skating?
9. What are some of the different concepts or categories of ice skating?
10. It is well to understand that skating can produce high speeds. When all movements are coordinated, how fast is it possible to go?
11. What is the ideal exercise for building confidence and improving balance and control?



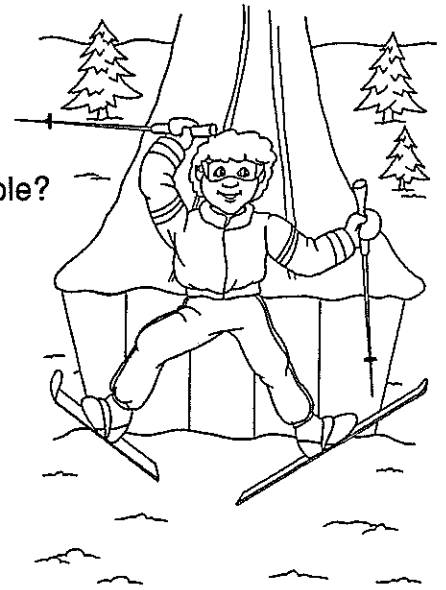
## JUDO Questions:

1. To whom do we attribute the development of judo?
2. What is the basic difference between judo and jujitsu?
3. What is one of the most important ceremonies of judo and why?
4. What is the command given by the referee to perform a Tache Re?
5. What are ranks of judo?
6. What are the three basic judo stances, known as "natural" postures?
7. What is UKemi and what is it's purpose?
8. What are the three wages of winning a judo match?
9. What is the proper defensive position to assume after a throw?
10. Judo experts say that 40% of your time should be spent refining which technique?



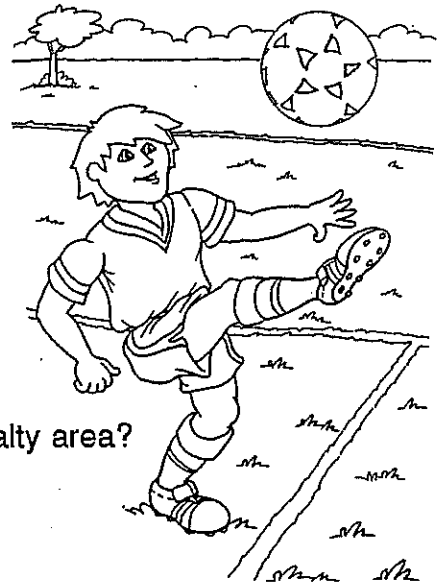
## SKIING Questions:

1. There are four types of skiing. What are they?
2. About what length should your skis be?
3. What are bindings for snow equipment?
4. What is a good way to choose the proper length ski pole?
5. What should you do when you start to fall?
6. What is a good way to rise from a fall?
7. What is a snow plow position?
8. What is the meaning of traversing a slope?
9. How is a stem turn like a snowplow?
10. What are the three basic types of snow lifts?
11. Where do you put your weight when you wish to turn?
12. What is a fall line?



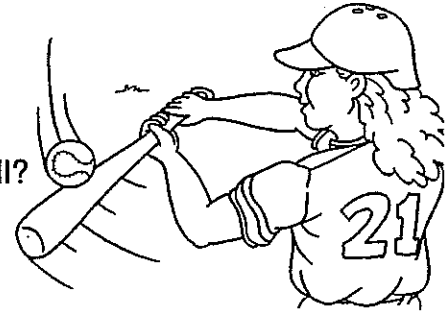
## SOCCER Questions:

1. What is the circumference of a soccer ball?
2. What are the dimensions of the goal?
3. What is the area around the goal called?
4. What is a "Tackle" in soccer?
5. What is the penalty for committing a foul in the penalty area?
6. What is a corner kick?
7. What is touch line?
8. What kind of shot is most likely to result in a score?
9. What is the halfway line used for?
10. What constitutes an off-side violation?



## **SOFTBALL** Questions:

1. What is the size and weight of an official softball?
2. What is the size of the official outdoor playing field for softball?
3. What is the correct grip for throwing a softball?
4. What throw is used most often by softball infielders?
5. What factor affects the direction that a fielder turns when fielding a ball hit directly over his head?
6. How far does a bat travel on a complete swing?
7. When running around the bases, what part of the base should your foot hit?
8. What are the two types of motions used by a softball pitcher?
9. What is a bulk?
10. What three points should be remembered by the fielder in making all putouts?
11. How should a fielder tag out a runner?



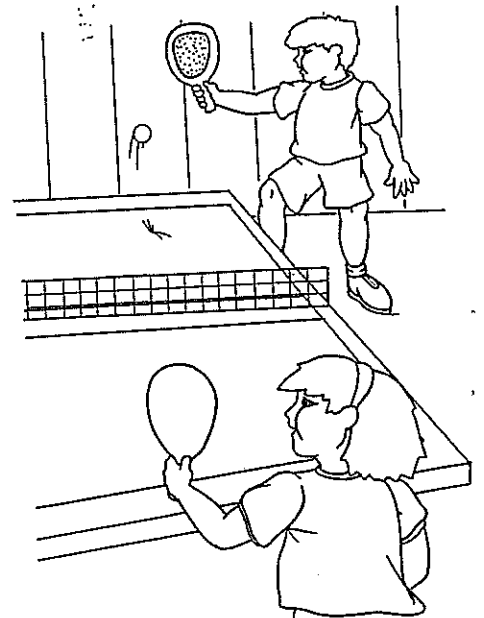
## **SWIMMING** Questions:

1. Which stroke is considered the fastest and most efficient?
2. When should breathing begin for the crawl stroke?
3. What kick produces the greatest amount of speed?
4. How should you adjust your crawl stroke for distance swimming?
5. What is the first rule of water safety?
6. While swimming with an organized group, what is a good safety measure to use?
7. What type of kick is used in the sidestroke?
8. When should a person never attempt to swim?
9. How can a person get used to the water?
10. What is the easiest float to learn?



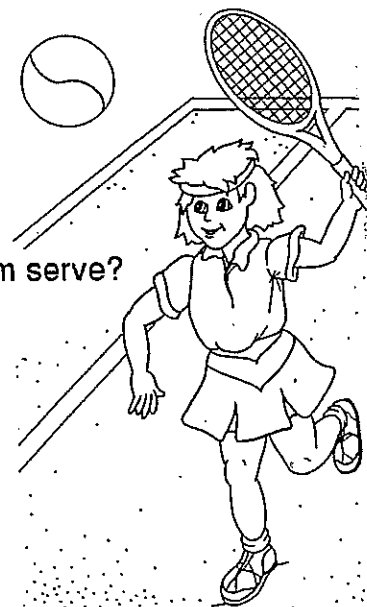
## TABLE TENNIS Questions:

1. What are the dimensions of a regulation table?
2. How many people can participate at one time?
3. How do you score?
4. How many points concludes one game?
5. What are the two most common grips in table tennis?
6. Why is there always some spin on a ball?
7. How important is the spin of the ball to the game?
8. What is the backhand push shot?
9. How important is your footwork in table tennis?
10. What is the chop?
11. What is the block?
12. How can you tell which way a ball is spinning?
13. What is the one correct way to start a serve?



## TENNIS Question:

1. What is the difference between a singles court and a doubles court?
2. How many areas are the courts divided into, and what are they?
3. Where does the server stand to put the ball into play?
4. What is the most often used stroke?
5. What is the proper receiving position?
6. During a six-game set, how many times does each player or team serve?
7. What is Deuce and how do you win after it's been called?
8. What does a match consist of and how do you win it?
9. What is meant by love?
10. What is "let"?



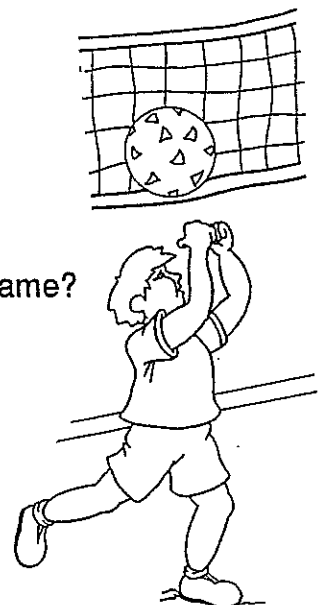
## TRACK & FIELD Questions:

1. How high are the hurdles used in junior high? In senior high?
2. What is the distance each member runs in the 880 yard medley relay and which runner runs which distance?
3. From what two points is the distance of the standing broad jump measured?
4. In the final high jump, how many trials is each participant allowed?
5. What is a pursuit relay?
6. How should you land in the standing broad jump?
7. What are two common faults in passing the baton in the pursuit relays?
8. What are two common faults in the starting positions in the dashes?
9. The Finnish cross-step pattern is used in what track and field event?
10. The shot put for women weighs \_\_\_\_\_?
11. In races where a runner is permitted to cut in, he may do so when he is \_\_\_\_\_?
12. The baton is dropped by a runner outside of the passing zone. Who should pick it up?



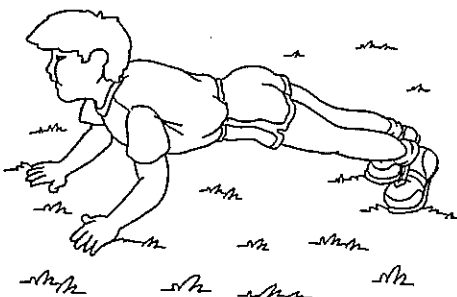
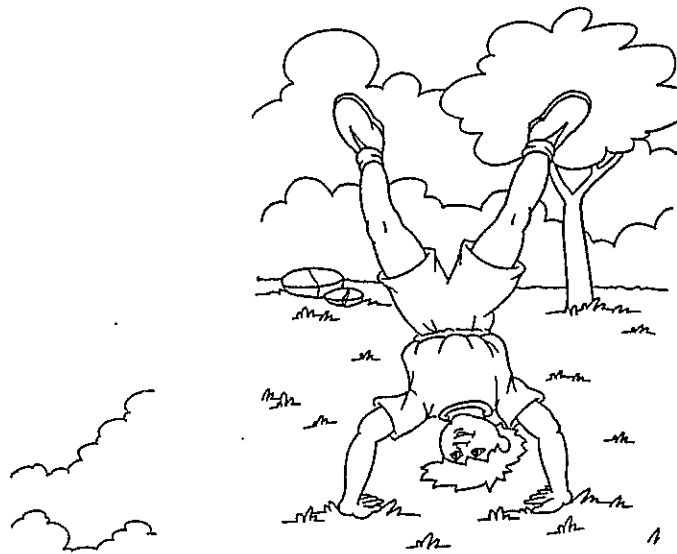
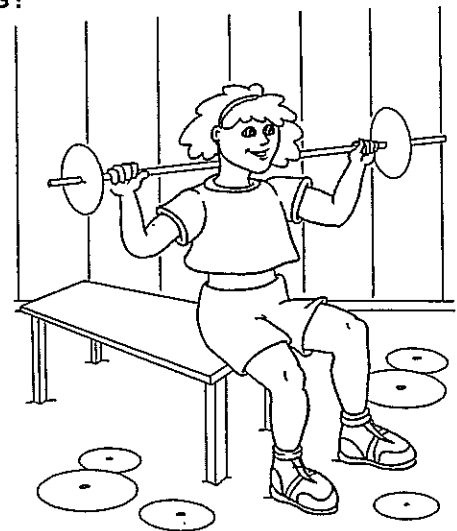
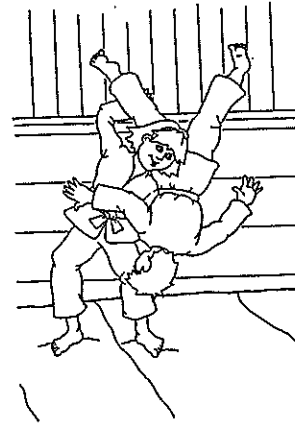
## VOLLEYBALL Questions:

1. What are the positions of the linesmen when two are used in a volleyball game?
2. How many hits is a team allowed when trying to return the ball?
3. What is a block?
4. When is the only time you can score?
5. What are the two ways in which one team can win and end the game?
6. How do you recover a ball from the net?
7. What pass is the easiest to control?
8. Where does the server stand?
9. Can the ball touch the net as it is going over in the serve?



# WRESTLING Questions:

1. What are the maneuvers in wrestling?
2. What is meant by a near fall?
3. How is wrestling match won?
4. Name two tie up positions.
5. Name four items a wrestler wears.
6. What position is the official starting position?
7. Points are awarded for what wrestling maneuvers?
8. What is meant by pinning a man?
9. Name three pinning holds.
10. Describe a program of conditioning.







# VERMILLION COUNTY 4-H SPORTS RECORD SHEET



NAME \_\_\_\_\_ AGE \_\_\_\_\_ YEAR IN 4-H \_\_\_\_\_

ADDRESS \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

CLUB \_\_\_\_\_ DIVISION \_\_\_\_\_

Leader's Signature \_\_\_\_\_

\*\*\*\*\*

10. List 3 different sports activities you participated in with or without friends.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

11. Did you give a demonstration on 4-H Sports? Explain.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. How has your participation in sports helped you learn self-discipline?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. How has your participation in sports helped you gain self-confidence?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. What do you do to contribute to your own health?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15. Why is nutrition important in sports?

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16. Explain the new food pyramid and what you should eat daily to maintain excellent health.

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17. Tell about an experience you had in sports where perseverance paid off.

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18. What sports activity, lead-up game, or recreation activity did you organize and lead in your club?

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19. What did you enjoy most about this project?

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20. Do you have any suggestions for improving this project next year? If so, please list.

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