



**Grade 3-5
Beginner
Level**

4-H SPORTS RECORD SHEET

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:

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

Include a signed copy in your three ring notebook.

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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Extension - Elkhart County

4-H SPORTS RECORD SHEET

Grade 9-12
Advanced
Level

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?

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