



4-H FITNESS PROJECT



4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

In this project, youth learn how to increase physical activity in a safe and fun atmosphere. Youth can participate in a variety of 4-H fitness projects including yoga, surfing, hiking, running, walking, strength training and more.

- Set daily goals for physical activity.
- Discover health benefits associated with physical fitness.
- Decrease time spent watching television or playing video games.
- Explore the importance of fitness in relation to quality of life.

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> • Learn basic locomotor movement (skip, tip-toe, leap, jump) in a fun way. • Learn guidelines for good sportsmanship. • Practice catching and throwing objects, such as balls, Frisbees and bean bags. • Identify a variety of sports equipment. • Learn to play a variety of active games, such as tag and capture the flag. • Understand the benefits of limiting screen time to less than 2 hours each day. 	<ul style="list-style-type: none"> • Learn to play a racket sport. • Demonstrate how to take your pulse. • Learn a line dance. • Explore board sports, such as skateboarding, snowboarding and surfing. • Learn how to stretch and know the related benefits. • Attend a sporting event. • Create an obstacle course and complete it. • Learn playground games, such as four-square, hopscotch and hula-hooping. 	<ul style="list-style-type: none"> • Go backpacking. • Learn water sports, such as white water kayaking, wind surfing and water polo. • Train for and complete a half-marathon. • Study the relationship of fitness and metabolism. • Learn to ballroom dance. • Discover the rules and etiquette of golf. Play a round. • Learn to use a pedometer to track your steps. • Tour a fitness gym and attend a group exercise class.

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Healthy Living

- Coordinate a community bike ride. Invite a local agency to discuss bicycle laws and safety.
- Replace one trip each week with walking or biking rather than riding in a car or driving.
- Learn a variety of cultural dances and share them at a community event or fair.
- Explore the relationship between physical activity and stress.

Science, Technology, Engineering, and Mathematics

- Research how pedometers and accelerometers work. Develop an experiment to measure and compare their accuracy.
- Visit <https://www.hhs.gov/fitness/be-active/> to track your physical activity online.
- Use a GPS unit to participate in a “geocache” hunt. Walk or bike to each cache location.

Citizenship

- Renovate an outdoor walking or hiking trail to encourage physical activity in your community.
- Lead a park clean-up day, so other youth have a safe outdoor space to play.
- Coordinate a sports equipment drive and donate the goods to a school in need.
- Organize a Relay for Life walking event in your community.

Leadership

- Conduct a county wide physical activity competition. Organize club-based teams to compete.
- Volunteer to be the club health or physical recreation officer.
- Lead your club in active play at your next club meeting. Include information about the benefits of living an active lifestyle.

Resources

- 4-H Color Me Green Run 4h.ucanr.edu/Projects/HealthyLiving/Color_Me_Green_5K_Run/
- National Safety Council www.nsc.org
- Let’s Move! www.letsmove.gov
- American Heart Association www.heart.org
- We Can! www.nhlbi.nih.gov/health/educational/wecan/
- Bam! Body and Mind www.cdc.gov/bam/
- CANFIT www.canfit.org
- Disney Healthy Living citizenship.disney.com/try-it
- SPARK www.sparkpe.org
- Playworks www.playworks.org
- Safe Routes to School www.saferoutesinfo.org

Connections & Events	Curriculum	4-H Record Book
<p>Presentation Days – Share what you’ve learned with others through a fitness-related presentation.</p> <p>Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> • Keeping Fit and Healthy www.4-hmall.org • You’re the Athlete estore.osu-extension.org • YOUth in Motion 4h.unl.edu/4hcurriculum/physicalfitness • Bicycle Adventures www.4hmall.org • Jump into Food and Fitness msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jiff • Up for the Challenge: Lifetime Fitness, Healthy Decisions www.4-hmilitarypartnerships.org/ 	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit http://ucanr.edu/orb/</p>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.



University of California Agriculture and Natural Resources

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

Reach Your Goals



FOR FUTURE INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at <http://anrcatalog.ucanr.edu/> or phone 1-800-994-8849. You can also place orders by mail or request a printed catalog of our products from

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2018 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8609

ISBN-13: 978-1-62711-039-6

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: John Sims, Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: jsims@ucanr.edu. Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.



An electronic copy of this publication can be found at the ANR Communication Services catalog website, <http://anrcatalog.ucanr.edu/>. This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community–Youth Development Lynn Schmitt-McQuitty.

California 4-H Project Sheet Series Authors

JOHN BORBA, 4-H Youth Development Advisor, UC Cooperative Extension, Kern County; CLAUDIA DIAZ, 4-H Youth Development Advisor, UC Cooperative Extension, Riverside and San Bernardino counties; MARCEL HOROWITZ, Healthy Youth, Families, and Communities Advisor, UC Cooperative Extension, Yolo County; ANNE IACCOPUCCI, 4-H Healthy Living Coordinator, California State 4-H Office; SHANNON KLISCH; UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; KENDRA LEWIS, 4-H Evaluation Coordinator, California State 4-H Office; KATHERINE SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma counties.

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

Reach Your Goals