



4-H SPORTS AND ATHLETICS PROJECT



A Sports and Athletics project can provide youth with the opportunity to build athletic skills and group communication. Youth will learn teamwork and cooperation. Projects might focus on several different sports, including basketball, softball, or soccer. The goal of this project should be to encourage a positive and fun experience with physical activity. Youth will

- learn the basic rules of one or more sports
- learn how to work with teammates
- engage in physical activity
- understand the importance of sportsmanship

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> • Explore various sports, such as basketball, baseball, soccer, volleyball, football, badminton, or capture-the-flag. • Practice playing many different sports. • Learn about the various types of equipment need for each sport. • Learn basic motor skills (catch, running, batting) needed to participate in sports. 	<ul style="list-style-type: none"> • Learn about scoring and sports record keeping. • Practice playing the sport. • Learn about different roles and positions of each sport. • Explore how each player adds to the sport. • Attend a sporting event. 	<ul style="list-style-type: none"> • Learn about sport organization and structure at the local to national levels. • Explore athletic trends of popular players. • Explore sport strategy and develop plays. • Engage in scrimmages.

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

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.



Expand Your Experiences!

Healthy Living

- Coordinate a sporting event for your community.
- Explore the relationship between physical activity and stress.
- Organize a teambuilding athletic activity.

Science, Technology, Engineering, and Mathematics

- Learn about available prosthetics used in sport for those with disability.
- Track your own statistics or a professional athlete's statistics.
- Design a workout routine and nutritional plan to build sport performance.

Civic Engagement

- Coordinate a collection of sports equipment for a school or recreation center in need.
- Lead a park clean-up day.
- Organize a fundraiser and donate the proceeds to local youth sports.

Leadership

- Volunteer to be your club's healthy living officer or recreation officer.
- Coach others in a chosen sport (e.g., basketball, softball, soccer).
- Organize club or countywide scrimmages.

College and Career Readiness

- Become trained to serve as a referee.
- Explore college sports teams, their requirements, and recruitment practices.
- Explore areas of study around sports (e.g., physical therapy, kinesiology, sports photography).

Resources

- American Council on Exercise
www.acefitness.org
- Marathon Kids
<https://marathonkids.org/>
- CANFIT
www.canfit.org
- Playworks
www.playworks.org
- National Alliance for Youth Sports
www.nays.org
- National Collegiate Athletic Association
www.ncaa.org

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

Connections & Events	Curriculum	4-H Record Books
<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"> • You're the Athlete extensionpubs.osu.edu/youre-the-athlete/ • Keeping Fit and Healthy www.4-Hmall.org • Jump into Food and Fitness www.canr.msu.edu/jump_into_foods_and_fitness_jiff/ • Up for the Challenge: Lifetime Fitness, Healthy Decisions http://www.4-militarypartnerships.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>



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