



# DISCOVER

# 4-H FITNESS CLUBS

Cindy Nelson | Stacey MacArthur | Cathy Hashimoto  
Utah State University Extension

## Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

## Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

## What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).

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## Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

## The 4-H Motto

“To Make the Best Better!”

## The 4-H Pledge

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

## 4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

## Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the [www.utah4h.org](http://www.utah4h.org) website or get them from the county Extension office).

## Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers—six months, one year, etc.



## A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order—President
- Pledge of Allegiance and 4-H Pledge—Pledge Leader (arranges for club members to give pledge)
- Song—Song Leader (leads or arranges for club member to lead)
- Roll call—Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- Minutes of the last meeting—Secretary
- Business/Announcements—Vice President
- Club Activity—arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments—arranged by Refreshment Coordinator
- Clean Up—led by Clean-up Supervisor

## Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

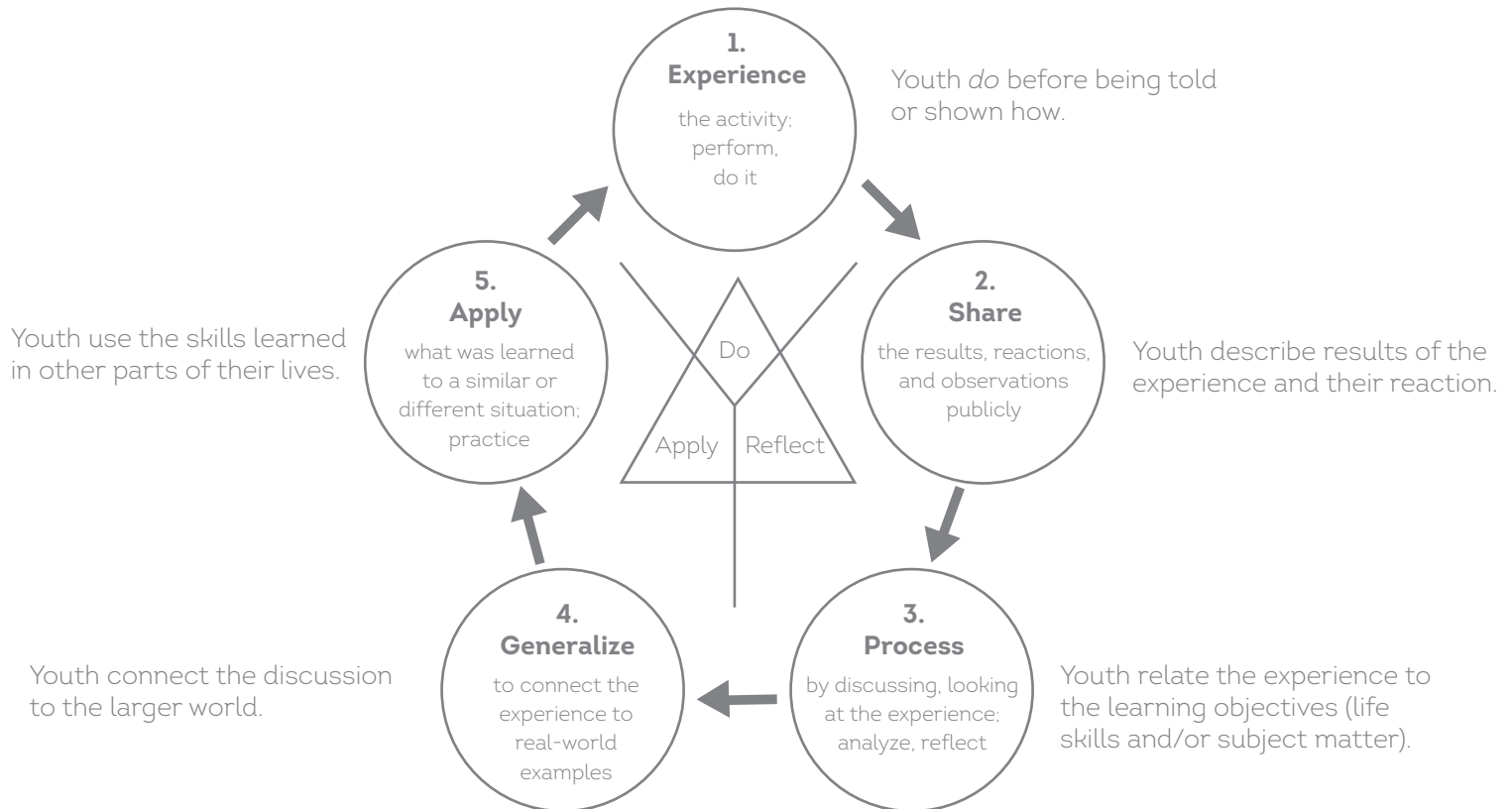
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



## 4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



## 4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: [http://www.csrees.usda.gov/nea/family/res/pdfs/Mission\\_Mandates.pdf](http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf))

1. **Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
2. **Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
3. **Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

1. Recruit one to three other families to form a club with you.
  - a. Send 4-H registration form and medical/photo release form to each family (available at [utah4h.org](http://utah4h.org))
  - b. Distribute the Discover 4-H Clubs curriculum to each family
  - c. Decide on a club name
  - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll your club at the local county Extension office
  - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
3. Identify which family/adult leader will be in charge of the first club meeting.
  - a. Set a date for your first club meeting and invite the other participants.
4. Hold the first club meeting (if this is a newly formed club).
  - a. See A Typical Club Meeting above for a general outline.
    - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
  - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
5. Hold the six project-specific club meetings outlined in this guide.
6. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.

## Other Resources

Utah 4-H website: [www.Utah4h.org](http://www.Utah4h.org)

National 4-H website: [www.4h.org](http://www.4h.org)

4-H volunteer training:

To set up login: <http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html> (password = volunteer)

## References

Information was taken from the Utah 4-H website ([utah4h.org](http://utah4h.org)), the National 4-H Website ([4h.org](http://4h.org)), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

**We would love feedback or suggestions on this guide; please go to the following link to take a short survey:**

[https://docs.google.com/forms/d/1v6lW\\_Jm7WfCChj-XlEYu0tZ-4EBo-BOdvOv48Ri9bM4/viewform](https://docs.google.com/forms/d/1v6lW_Jm7WfCChj-XlEYu0tZ-4EBo-BOdvOv48Ri9bM4/viewform)

# 4-H FITNESS CLUB *Meetings*



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# Club Meeting 1

## Healthy Living/Fitness



### Supplies

- Signs (endurance, strength, flexibility, and balance)
- Music for dancing
- Paper and pencil/pen for each youth
- Music player

### WHAT TO DO

Explain that physical fitness is a key component of healthy living. Eating right, getting plenty of rest, and exercising each day can improve overall health and enhance quality of life. The four components of fitness that you will be learning about during 4-H are: aerobic/ cardiovascular endurance, muscle strength, flexibility, and balance (hang up signs as you talk about each component).

Youth should get at least 60 minutes of moderate to vigorous physical activity daily. The 60 minutes of activity does not have to be all at once, but can occur throughout the day.



### 1. Explain the benefits of being physically fit.

- Improves health
  - Reduces risk of obesity through maintenance of healthy body weight
  - Reduces risk of heart disease, osteoporosis, certain types of cancer, and diabetes
  - Helps control blood pressure
  - Improves blood cholesterol levels
  - Helps build and maintain bones, muscles, and joints
  - Improves immune system
  - Boosts energy level
- Improves physical fitness
  - Builds endurance
  - Increases strength
  - Enhances flexibility
  - Reduces frequency and severity of injuries
  - Increases fitness level



- Improves well-being
  - Enhances emotional well-being
  - Reduces stress, tension, anxiety, and depression
  - Improves quality of sleep
  - Increases mental acuity
  - Improves productivity
  - Improves self-esteem
  - Improves quality of life
  - Reduces health care costs
  - Helps elderly maintain full function and independence

## 2. Physical Activity: Freeze Dance

- Play appropriate music for the 4-H members to dance to. Periodically pause the music and tell the students to freeze. Play the music again to resume dancing. Explain that dancing is a great way to have fun and exercise at the same time.

## 3. Brainstorm

- Have 4-H members think of other physical activities that they could do at home, at school, alone, or with family members or friends. Hand out a paper and pencil and have them list as many activities as they can think of. Have them share their ideas with the other youth in the group so that each youth has a list of activities that they can choose to do.



## Reflect

- How would you rate your overall health?
- What activities could you do to improve your cardiovascular endurance?
- What activities could you do to improve your flexibility?
- What activities could you do to improve your strength?
- What activities could you do to improve your balance?
- Do you like to exercise by yourself or with others?
- What do your friends or family members do to keep themselves physically fit?
- What can you do to help your friends and family members improve their physical fitness?





## Apply

- In what ways can you incorporate more physical activity into your everyday actions?
- How can physical activity help you be more successful in school?
- How can physical activity positively affect other aspects of your life?

### Healthy Living

Being physically active can improve health, physical fitness, and well-being, which can improve most other aspects of life.

### Citizenship

It is important to be physically fit in order to assist others, serve your country, and/or be a productive citizen.

### Belonging

Participating in physical fitness activities often brings youth together in a team setting or in groups to enjoy activities with others who have similar interests.

### Independence

Develop an exercise/activity program that promotes movement and being outside. Chart two weeks of activity.

### Mastery

If youth can practice being physically active when they are young they will establish habits that will keep them healthy throughout their lives.

## References

Nielson, Camilla (2012). Week 1: General Overview of Physical Fitness.

## Healthy Living/Aerobic-Cardiovascular Endurance



### Supplies

- Jump ropes (one per partnership)
- Stop watch

### WHAT TO DO

Define aerobic/cardiovascular endurance. The word “cardio” means heart. Endurance activities are those that work your heart and lungs, and must be done for an extended period of time. This type of exercise increases the body’s need for oxygen, and strengthens the heart and lungs. Some examples of endurance activities are: jogging, running, dancing, biking, rollerblading, hiking, swimming laps, jump roping, etc.



### 1. Have the children test their heart rate by checking the pulse on their neck using their first two fingers.

- What do you feel? Does your heart feel fast or slow? They can also try to feel their pulse in their wrist. Make sure they feel for the heart rate on the thumb side of the wrist with the end of their fingers. (Do not use a thumb to test heart rate.)
- Divide the youth into partnerships. Each person in the partnership will jump rope for 60 seconds while the other person counts how many jumps are made. (If they miss a jump they are to just start again. The number of jumps is not important, but this will keep the youth moving quickly.)
- Have the youth who were jumping test their heart again, or test their pulse rate on their wrist.
- What did they feel? What’s the difference in how fast your heart was beating after exercising compared to before exercising? Is there any difference in your breathing rate?
- Next, switch youth in the partnerships so that each person gets a chance to jump while the other person counts. Again, check the heart rate and ask the questions.
- Explain that youth should get 60 minutes or more of physical exercise each day. At least three days a week, the exercise should include moderate to vigorous aerobic physical activity.



## 2. Discuss the benefits of aerobic/cardiovascular endurance:

- Strengthens heart and lungs
- Reduces body fat and improves weight control
- Reduces blood pressure
- Decreases total cholesterol
- Improves glucose tolerance and reduces insulin resistance
- Decreases clinical symptoms of anxiety, tension, and depression
- Increases maximal oxygen consumption
- Increases blood supply to the muscles
- Enhances muscle's ability to use oxygen
- Lowers resting heart rate

## 3. Physical Activity: Partner Tag

- Have the youth pair up by linking arms, except for two people. Out of those two, one will be "it" and the other has to avoid being tagged by the person who is "it." The free person has to run and try to link arms with one of the pairs. Once linked he or she is safe, but the person on the opposite end of the pair is now the runner and has to avoid being tagged by the person who is "it." If tagged, the person becomes "it" and has to chase whoever is free and he or she can immediately tag the person who just tagged them. The game can go on for as long as the youth want to play. Make sure that they go for at least 10 minutes so they can get the aerobic benefits. Explain to the youth that running during partner tag is working their heart (their cardiovascular system) and improving their endurance ability.



## Reflect

- How would you rate your cardiovascular/endurance level?
- What activities could you do to improve your cardiovascular endurance?
- What aerobic activities do you like to do?
- What can you do to help your friends and family members improve their cardiovascular health?

## Apply

- In what ways can you incorporate more aerobic activities into your exercise regimen?
- How can aerobic exercise help you perform better in school?
- Is there a way you could alter one of your daily tasks to give you an aerobic workout?
- How could you get your friends or family together to do an activity that would include an aerobic workout?



## Healthy Living

Refer to the benefits of aerobic/cardiovascular endurance.

## Citizenship

A physically fit person is someone who is physically able to: assist others, serve his or her country, and/or be a productive citizen.

## Belonging

Participating in physical fitness activities often brings youth together in a team setting or in groups to enjoy activities with others who have similar interests. Each youth can be successful at an activity of his or her choosing.

## Independence

Develop an exercise/activity routine that includes aerobic exercises.

## Mastery

By starting when young, youth will establish habits that will keep them healthy throughout their lives.

## References

Nielson, Camilla (2012). Week 2: Cardiovascular (Aerobic) Exercise.

# Club Meeting 3

## Healthy Living/Muscle Strength



### Supplies

- Stop watch or interval timer
- Whistle
- Chair for each youth to use for dip exercises

### WHAT TO DO

Ask the question, "What activities/exercises can you do to build muscle strength?" As a group, make a list on a large sheet of paper, of multiple activities/exercises that build muscle strength. Examples: weight lifting (circuit or free weights), push-ups, pull-ups, planks, sit-ups and/or crunches, squats, stair walking, lunges, wall sits, bench dips, calf raises, jumping jacks, resistance bands, etc.

Explain that muscle strength is how much resistance our muscles can handle and how strong or powerful we are. When building strength you need to "overload" your muscles. When you work your muscles hard they will begin to feel tired or fatigued. You may even experience a burning feeling in your muscles. Let youth experience this by having them do a plank and see how long they can hold it. Time them and have them try to hold it for at least 60 seconds. Next, have them do a wall sit and hold it for as long as possible, again for at least 60 seconds. These two activities can be used as a competition between the youth.

Talk about the importance of regular strength training. Without consistent strength training, muscle size and strength can decline with age. It is recommended that youth include strength training in their 60 minutes of exercise at least three times a week. Every movement we make involves our muscles, so it is important to "overload" them to keep them strong.



### Define the benefits of muscle strength and training:

- Increase the size and strength of the muscle fibers
- Strengthen the tendons, ligaments, and bones
- Improve physical fitness
- Improve appearance
- Increase metabolism at rest (burn more calories at rest)
- Help maintain weight loss and overall total weight
- Reduce risk of injury
- Decrease joint and muscle pain



### Activity:

- Interval strength training – set an interval timer for two intervals of 15 seconds and 30 seconds for 8 rounds, a total of 4 minutes and 45 seconds. The 15 second interval is the rest interval. The 30 second interval is the work interval. If you don't have an interval timer, a stopwatch will be sufficient, but you will need to pay close attention to the time in order to tell the students when to stop and start the exercises. Blow the whistle when the time is up.

Have the students complete as many of the following 8 exercises in the allotted 30 second work intervals.

1. Jumping jacks
2. Push-ups
3. Lunges
4. Dips
5. Sit-ups
6. Calf raises
7. Squats
8. Plank hold

If desired, have students repeat 1-2 more times. Explain to the students how body-weight exercises (like the exercises they are doing) are building their muscles.



### Reflect

- How would you rate your muscular strength level?
- What activities could you do to improve your muscular strength?
- What strength training activities do you like to do?
- What can you do to help your friends and family members improve their muscular strength?
- Which of your muscles do you think needs the most strengthening?

### Apply

- How can you incorporate more muscle strength training activities into your exercise regimen?
- How can building muscle strength impact other areas of your life?
- In what daily activities can it be helpful to have strong muscles?
- How can you better serve others if you are physically fit and have strong muscles?



## Healthy Living

Refer to the benefits of muscle strengthening exercises.

## Citizenship

A physically fit person is someone who is physically able to: assist others, serve his or her country, and/or be a productive citizen.

## Belonging

Participating in physical fitness activities often brings youth together in a team setting or in groups to enjoy activities with others who have similar interests. Each youth can be successful at an activity of his or her choosing.

## Independence

Develop an exercise/activity routine that includes strength training exercises.

## Mastery

By starting when young, youth will establish habits that will keep them healthy throughout their lives.

## References

Nielson, Camilla (2012). Week 3: Muscle-Strengthening Exercise.

# Club Meeting 4

## Healthy Living/Flexibility and Balance



### Supplies

- Beach towels or yoga mats
- Masking tape

### WHAT TO DO

Being flexible and having good balance are important components of being physically fit. Flexibility is the ability of your joints and limbs to have a complete range of motion, or being able to stretch and reach. You can increase your flexibility by doing stretching exercises each day. Balance is being able to remain reasonably steady in a particular position. Balance is developed as we focus our minds and strengthen our core muscles. All athletes should work hard at having good flexibility and balance, as this improves their overall athletic performance.



### Balance Testing:

Have the youth hold the yoga tree pose for as long as possible. As they are holding the pose ask them what muscles they are using to help them keep their balance (back, arms, shoulders, stomach, neck, and legs muscles). Have the youth close their eyes and try this exercise; it should be much harder for them to balance. Have a contest to see who can stand on one foot with arms raised to shoulder level, out to their side for the longest time. Next, have the youth walk heel to toe along a straight line of masking tape on the floor without falling off.

The best way to improve your balance is to increase your core muscle strength and continue to be physically active. Just the act of walking requires balance and helps to maintain your fitness level. Having good balance reduces the chance of falls and injury.

### Flexibility:

Stretching is the best way to increase your flexibility. Stretching exercises should be a part of your daily exercise routine. Stretching should be done in a slow, steady, and controlled manner, without bouncing or forcing your muscles, which can cause your muscles to tighten and increase your risk of injury. Stretching optimizes joint mobility while maintaining joint stability. Maintaining range of motion can make daily living activities easier. Without regular stretching, your muscles will tighten and the range of motion in your joints will decrease as you age. This can put a damper on active lifestyles and even hinder day-to-day activities. Tasks that are simple, such as tying your shoes or reaching for the top shelf, can become extremely difficult. Stretching is easy to do and can be done anywhere. Stretching not only improves the joint range of motion, it is also relaxing.





### Benefits of flexibility and stretching:

- Reduced muscle tension
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation to various parts of the body
- Increased energy levels (resulting from increased circulation)
- Delayed onset of muscle fatigue
- Enhanced performance in daily life, sports, or other physical activity
- Improved posture
- Mental relaxation
- Added variety, enjoyment, and satisfaction to your exercise program

### Flexibility testing:

Have youth stand with their feet hip-width apart. While keeping the legs straight, bend over at the waist and reach the hands toward the toes. While sitting on the floor, keep legs straight and together and reach for the toes. Measure how far the youth can reach in both of these tests.



### Activity:

- Do these five yoga poses which focus on balance and flexibility.

#### 1. Eagle Pose:



**Targets:** Tight shoulders

**Benefits:** Stretches the shoulders, upper back, and thighs; strengthens ankles and calves; improves concentration and balance

**How to do it:** Stand with your feet hip-width apart. Hug your left knee into your chest. Bend your right knee and cross your left leg over your right leg, hooking your left foot on either side of your right leg. Wrap your left arm under your right arm. Sit down as much as you can and lift up through the arms to stay on balance. Stay here for five long, deep breaths. Unwind and do the same thing on the other side.



## 2. Triangle Pose:



**Targets:** Tight hips

**Benefits:** Stretches the hips, groin, chest, and shoulders; strengthens knees, thighs, and ankles; helps relieve stress and improve digestion.

**How to do it:** Stand with your feet wider than hip-width apart (about 4 feet apart). Turn your right foot out 90 degrees so your toes are pointing to the top of the mat. The center of your right knee cap should be aligned with the center of your right ankle. Pivot your left foot slightly inwards. Your back toes should be at a 45-degree angle. Raise your arms to the side to shoulder-height, so they are parallel to the floor.

Take a deep breath in and as you exhale, reach through your right hand in the same direction as your right foot is pointed, shift your left hip back, and fold over at your right hip. Keep your left leg engaged and press the outer heel firmly to the floor. Rest your right hand on your outer shin or ankle and stretch your left arm toward the ceiling. Keep your head in a neutral position. Hold for five slow breaths.

To release, inhale and press firmly through your left heel as you lift your torso. Lower your arms. Turn to the left, reversing the position of your feet, and repeat for the same length of time on the opposite side.

## 3. Downward Dog:



**Targets:** Tight hamstrings

**Benefits:** Stretches the hamstrings, calves, and shoulders; strengthens the arms and legs; helps relieve headaches, fatigue, and insomnia.

**How to do it:** Come onto your hands and knees with hands directly below your shoulders and knees directly below hips. Spread your fingers wide and tuck your toes under. Inhale and lift your knees off the floor, pressing your hips up toward the ceiling. Draw your heels down to the floor or keep a slight bend in your knees. Press your hands firmly into the mat and draw your shoulder blades down. Keep the head between the arms (don't let it hang). Take five deep breaths.



#### 4. Cat Cow Pose:



**Targets:** Tight, sore back muscles

**Benefits:** Stretches the back, torso, and neck; gently massages the spine; relieves tension in the upper body.

**How to do it:** Come onto your hands and knees with hands directly below your shoulders and knees directly below your hips. Inhale to lengthen your spine. Without bending elbows or moving hips, roll your spine forward to arch your back. Lift your chin, chest, and hips to the ceiling, allowing your stomach to sink toward the floor. Once you've reached the fullest expression of your arch, round your spine toward the ceiling and release your head toward the floor. Repeat 10 times, taking deep breaths during the movement.

#### 5. Chair Pose:



**Targets:** Weak ankles

**Benefits:** Stretches shoulders and chest; strengthens calves, ankles, and thighs; reduces flat feet

**How to do it:** Stand with your feet shoulder-width apart. Inhale and raise your arms straight out from your shoulders, keeping your shoulders down and back. Exhale and lower into the pose by pushing your hips back and bending your knees as though you are sitting in a chair. Keep your abs drawn in tight. Hold this position for five deep breaths.



### Reflect

- How would you rate your flexibility?
- How would you rate your balance?
- What activities could you do to improve your flexibility?
- What activities could you do to improve your balance?
- What can you do to help your friends and family members improve their flexibility and balance?
- Did you enjoy doing the yoga poses?
- Which was your favorite yoga pose?
- Which pose was the most difficult for you to hold?



## Apply

- How can you incorporate more stretching and balance activities into your exercise regimen?
- How can balance help you in other areas of your life?
- How can you incorporate balance and stretching into all your daily activities?
- How can improving your balance and flexibility help you lead a healthier life?
- How can physical balance help to create emotional and mental balance?

### Healthy Living

Being physically active can improve health, physical fitness, and well-being, which can improve most other aspects of life.

### Citizenship

It is important to be physically fit in order to assist others, serve your country, and/or be a productive citizen.

### Belonging

Participating in physical fitness activities often brings youth together in a team setting or in groups to enjoy activities with others who have similar interests.

### Independence

Develop an exercise/activity program that promotes movement and being outside. Chart two weeks of activity.

### Mastery

If youth can practice being physically active when they are young they will establish habits that will keep them healthy throughout their lives.

## References

Nielson, Camilla (2012). Week 5: Flexibility.

Tobin, Nora. Shape Magazine (09-05-2012). Top 5 Yoga Poses of Athletes Build Muscle, improve flexibility, and relieve stress with this routine. Retrieved March 25, 2013, from <http://www.shape.com/fitness/workouts/top-5-yoga-poses-athletes>

# Club Meetings 5 and 6

## Healthy Living/Activities



### Supplies

- Paper
- Pens/pencils

### WHAT TO DO

For activities #5 and #6, divide the youth into two groups. Let each group plan a physical activity to do as a club. You may need a separate planning day to do this, or incorporate it into Activity #4. Encourage the youth to be creative and try something new. Give them the following guidelines:

- It must last for at least 30 minutes
- Everyone must be included
- Activities can include competition, or be just for fun
- It can focus on any of the four areas already discussed, endurance, strength, flexibility, or balance, or it could incorporate all of them at once
- Make a supplies list and gather the needed materials



### Some activity ideas are:

- Bike rodeo
- Hiking
- Active video games-Wii Fit, etc.
- Ultimate Frisbee
- Double Dutch/jump roping
- Obstacle course
- Circuit training/weight lifting
- Rappelling/rock climbing
- Swimming
- Sand Volleyball
- Roller skating/blading
- Skiing
- Snow shoeing
- Soccer
- Ice skating
- Mud run
- Golfing
- Zumba

After youth have planned the activity, with minimal guidance, let them conduct the activity and have experience leading other youth while being physically fit. Remind them that they could do these activities with their families, friends, or neighbors.



### Activity: Caterpillar Races

- This activity can occur after the youth are done planning or it can be half way through to break up the planning session. To start, divide in half to form teams of equal size. Have youth think up a name for their team. Each team then lines up single file behind a starting line. Instruct team members to place hands on the shoulders of the team members in front of them and race to a finish line according to the following rules of movement: The first person in line may hop one step forward. Continue down the line until the last person in line hops one step forward. After the last person in line hops, he/she must shout the team name. Then the whole team may hop one step forward at the same time. Repeat this process to move the caterpillar along.

Players must keep their hands on the shoulders of their team members at all times during the race. Players may move forward only by hopping one step forward with both feet together. If a member breaks any of the above rules, the team must return to the starting line and begin again.



### Reflect

- What different activities did you come up with in the brainstorming process?
- Was it easy or difficult to plan a club activity?
- What did you learn about planning during this activity?
- How did you use teamwork to move your caterpillar in the race?

### Apply

- How is teamwork important in life?
- How can this club help you be more physically active in your life?
- How can this planning activity impact your physical and mental health?
- How can being physically fit help you perform better in school?



## Healthy Living

Choosing to be active increases the overall physical fitness of the participant.

## Citizenship

A physically fit person is someone who is physically able to: assist others, serve his or her country, and/or be a productive citizen.

## Belonging

Participating in physical fitness activities often brings youth together in a team setting or in groups to enjoy activities with others who have similar interests. Youth can be successful at an activity of their choosing.

## Independence

Plan and lead a fitness activity for the club.

## Mastery

By starting when they are young youth will establish habits that will keep them healthy throughout their lives.

## Generosity

Share what you learned with family and friends.

## References

Youth group games. Caterpillar race. Retrieved March 22, 2013, from [http://www.jubed.com/youth\\_ministry/view/Caterpillar-Race/?s=12](http://www.jubed.com/youth_ministry/view/Caterpillar-Race/?s=12)