

The Dearborn County

Sports Project



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 which 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!

BEGINNING YOUR PROJECT

You should try and learn as much as you can about that sport. You might want to visit the library, a sporting goods store or attend a game in order to learn more about your sport. Coaches and players are also good sources of information. After you become familiar with the sport, teach others what you have learned.

A few of the sports that you may be interested are listed below:

Baseball	Gymnastics	Tennis	Wrestling	Field Hockey
Basketball	Soccer	Track & Field	Badminton	Table Tennis
Bowling	Swimming	Volleyball	Bicycling	Ice Skating
Judo	Skiing	Softball	Golf	

1. A boy or girl may sign up for any sport.
2. The Record Sheet must be signed by the 4-H Leader, parent or coach. Include pages 7 & 8 in your Green Folder.
3. Objectives of the Sports Project:
 1. Learn basic skills of the sport.
 2. Learn safety rules of the sport.
 3. Practice good sportsmanship.
 4. Have fun learning and participating in the sport.
4. Ways to participate in the Sports Project,
 - I. Participate actively with any organized team in the county.
 - II. Participate in a sport with your family, friends or 4-H Club.
 - III. If the sport is an individual sport, participate on your own.



Exhibits will be divided according to the age of the exhibitor as follows:

- 10 - 12 years old
- 13 - 15 years old
- 16 - 19 years old



THE PROJECT - What You Will Do:

1. Choose at least one sport you enjoy.
2. Learn what the basic skills are for your particular sport.
3. Determine what your skill level is for each of the basic skills: Basic Beginner, Beginner, Intermediate, Advanced, Skilled.
4. Determine what skills you want to learn or want to improve and list them on the record sheet before you begin your project.
5. Begin to learn the skills you have determined you want to learn. You may want to ask your parents, friends, neighbors or coach to help you.
6. Complete pages 7 & 8 . Be honest! If you have not improved a skill to your own satisfaction, say so.
7. EXHIBIT at the 4-H Fair:

1 Poster - 22" x 28", Mounted horizontally
Name tag in lower right corner

TITLE - "Safety Rules for (Sport)"
"Equipment Needed for (Sport)"
(include approximate cost)
"Basic Skills to Develop for (Sport)"
"Exercise Value of (Sport)"

or

Any single topic which relates directly
to your sport.

You may use pictures from printed matter, photographs, original art work, etc., to illustrate your poster. Be sure to label each illustration appropriately.

Include on the poster a brief story of your experiences in participating in this sport, including:

Why you chose this sport.

Who taught you how to play the sport.

The value you have received from playing it.

EXHIBIT will be judged on

- I. Accuracy of Information - - - - - 60 points
- II. Suitability of Materials Used - - - - 20 points
- III. Showmanship - - - - - 20 points

- 1. Neatness
- 2. Cleanliness
- 3. Labels easily read



Cover your poster with clear plastic to preserve its cleanliness during the fair.

BUILD A BETTER BODY

Your physical strength and ability is influenced by the foods you eat. Proper diet and exercise can help you have the best body possible for you. Good nutrition is one step in building a better body.

NUTRITION is the food you eat and how the body uses it. You need food to get energy for work and play, to breathe, to move, and to keep your heart beating. Food also provides a variety of substances called nutrients that are essential for the building, upkeep, and repair of body tissues.

The six kinds of nutrients are:

- | | |
|---------------|----------|
| protein | vitamins |
| fat | minerals |
| carbohydrates | water |



What do each of the nutrients do for you?

Protein - Part of every cell in your body. Think of your muscles without protein.

Carbohydrates - Supplies energy so that protein can be used for growth and maintenance of body cells.

Fat - Part of every body cell. Carries vitamins A, D, E, and K to the cells.

Vitamins - Different vitamins do different things, but they are all essential for keeping the body functioning normally.

Minerals - Help with structure of body and its functions. Think of bones without the mineral calcium.

Water - Your body is more than half water. It is part of every cell. Water also carries nutrients to cells and carries waste away.

You need a variety of foods each day to get all the different nutrients and the foods must be the right variety. How do you get the right variety? Choose foods from the four basic food groups. They are:

Meat Group

2 servings per day

Includes beef, veal, lamb, pork, poultry, eggs, fish and beans.

Vegetable-Fruit Group

4 servings per day

One Vitamin C source each day such as citrus:

One Vitamin A source at least every other day such as carrots and green vegetables.

Milk Group

2-4 servings per day

Includes milk, cheese, yogurt, and ice cream.

Bread-Cereal Group

4 servings per day

White or Whole Wheat bread, cold or hot cereal, spaghetti, macaroni and rice.

ARE YOU A FOOD FADDIST?

Food faddists believe that certain foods, products, and diets have miraculous, health-giving properties. Taking too many vitamins can be a form of food faddism.

It is dangerous for anyone to follow a food fad. Athletes cannot be in "prime" condition if they do not eat right. Too much of any food and not enough of the right foods can keep an athlete from performing at his or her best.

Some food fads are:

High Protein Diets: If you eat just protein, you will not get all of the nutrients you need. Also, too much protein and not enough water will leave too much waste from the protein in your body.

Extra Vitamins: If you choose foods from the four basic food groups, it is unlikely you will need to waste money on vitamins. Vitamins A, D, E, and K are stored by the body and too many of these can poison your system. The other vitamins will pass through the urine. Vitamins and minerals are not a source of energy either.

All Liquid: Some people trying to lose weight are seeking an easy solution to a hard problem. This can be dangerous because essential nutrients and fiber are missing in this kind of diet.

Grapefruit: It is a good source of Vitamin C and quite tasty and satisfying, but it has no magical ingredients.

No Fat: Just like a car needs oil, your body needs fat. One tablespoon a day is plenty. Salad dressing, butter, margarine and bacon can put fat into your diet.

No Salt: While most Americans eat too much salt (table salt), we do need some salt in our diets. Many foods contain salt naturally. Athletes who perspire need to be sure they get enough salt to keep their muscles from cramping. The idea is to get just the right amount of salt. If you do not perspire a lot when you are exercising, you probably are getting enough salt.

Skipping Meals: The body is more efficient if you feed it breakfast, lunch and dinner. Athletes need efficient bodies to perform at their best. Nutritious snacks can be good for the body.

Remember, the right amount of foods in the right amount will help you build the best body possible for you. Choose foods from the four basic food groups. After you have filled the requirements of the basic diet, if you are able to eat more food you can have the freedom to eat more of the foods you like best.

TELLING 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 does not need to be long - three to five minutes is fine. You learn a lot by giving a demonstration - how to organize your thoughts, prepare an outline, and how to talk in front of a group of people. You could give a demonstration to your 4-H Club, your class, or participate in the county demonstration contest. Here are some suggested demonstration topics:

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



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 will 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.



Form co-ed teams.

Invite resource people from the community to present a demonstration at one of your club meetings.

Plan an outing at a park, using bicycles, jogging or hiking as transportation.

Have your club invite another 4-H club to one of its meetings and plan some special sports events.

Use 4-H members with special skills in certain sports to help organize some activities.

Set up club teams and have a tournament.

Plan a tournament with other 4-H clubs.

When choosing an activity or sport for your club meeting, keep these things in mind:

1. Think carefully about the type of sport members would enjoy.
2. Select a game that is appropriate for the age and interest of club members. Be sure to include everyone in the game.
3. Keep their interest by varying the game - change the players or the teams. Just for fun, you might want to change the scoring system or the rules, but make sure that everyone knows that it is only for one time.
4. Be well informed about the game, it's rules and regulations. Explain instructions clearly, make sure everyone understands the rules. Let members ask questions.
5. Be enthusiastic!
6. End the game or activity before it becomes boring. Members will be more likely to want to play again.



4-H SPORTS PROJECT

Record Sheet

NAME _____ AGE _____

ADDRESS _____

NAME OF CLUB _____

NAME OF SPORT _____

(To be filled out before you begin the sport)

Basic Skills I Would Like to Learn:

1. _____
2. _____
3. _____
4. _____
5. _____

Did you give a demonstration on sports at your 4-H Club? _____

If yes, on what? _____

Did you teach someone else how to play your sport? _____

If yes, who? _____

What did you teach them? _____

I feel that my skill level in the sport is that of: (circle one)

Basic Beginner Beginner Intermediate Advanced Skilled

Basic Skills I Learned This Year:

1. _____
2. _____
3. _____
4. _____
5. _____

Did you enjoy participating in this sport? _____

If yes, why? _____

If no, why? _____

I feel that my skill level is now: (circle one)

Basic Beginner Beginner Intermediate Advanced Skilled

Did you participate on an organized team this year? _____

If yes, which one? _____

What other sports would you like to learn?

Do you plan to continue to learn new skills for your sport? _____

If yes, what skills? _____

Did you show good sportsmanship while playing your sport? _____

How? _____

List three safety rules to remember while playing your sport.

1. _____
2. _____
3. _____

I believe the above record is accurate.

4-H LEADER, PARENT, or COACH