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Extension - Elkhart County



# Elkhart County 4-H

## Sports



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## 4-H Sports Project

County Only – No State Fair Exhibit

Sports have an appeal for almost everyone. People talk about sports as much as the weather. Almost any pleasant activity that is done with the purpose of exercise may be called a sport. This project is designed to:

- Provide the opportunity for instruction and participation in sports.
- Emphasize that skills in sports are valuable social and recreational tools which enrich our lives.
- Acknowledge that participation in sports contributes to the development of self-confidence.
- Recognize that sports can help with the maintenance of good health.

To participate in the 4-H Sports Project, choose one or more of the following methods:

- a. Participate actively with any organized team of which you are a member.
- b. Participate in a sport with your 4-H club.
- c. Participate on your own, if the sport you selected is an individual sport.

### Benefits from Sports Participation

Participation in sports is an education in itself. No other single activity today offers all of these benefits:

**Physical Well-Being:** Through participation in sports the body and the mind grow and develop. The muscles as well as the vital organs (heart and lungs) grow strong with an increase in physical activity.

**Discipline:** We hear from many places that young people need to learn discipline. Athletics teach and impose self-discipline which is vital to a successful adult life.

**Release of Physical Energy:** Young people will find a way to release physical energy. Sports offer a wholesome outlet for this energy.

**Competition:** Our entire way of life values competition. Every person in industry, business, or a profession is competing to improve or maintain their economic standing. Sports participation in a wholesome environment can teach the spirit of competition.

**Loyalty:** Being faithful to a team, group or cause is an important lesson of athletics. No one will fail themselves when they have learned the lesson of being loyal to others.

**Perseverance:** How many times do people miss the goal they have been seeking because they quit trying a little too soon? Athletes learn to stay on the job and not give up until the contest is over.

## Project Completion Requirements

1. Choose at least one sport you enjoy.
2. Learn what the basic skills are for your chosen sport.
3. List the resources you used - such as books, magazines, internet sites, interviews - on the record sheet.
4. Complete the record sheet and have it signed by your leader by the required date. Place a copy of the signed record sheet in your three-ring notebook. Your record sheet is for your benefit. If you have not improved a skill to your own satisfaction, be honest!
5. Your fair exhibit is a three-ring notebook about the sport you have participated in or researched.

## Suggestions & Tips

You may use any good resource books available through local libraries, bookstores, sporting goods stores or the internet.

If you participated in more than one sport, choose only one for your three-ring notebook exhibit. If you participate in multiple sports, you may choose a different one each year of participation.

Select a different sport or topic each year.

You may include pictures in your three-ring notebook. These may be drawings, pictures from books, magazines, the internet or photographs of you or someone else participating in the sport.

Some possible sports include but are not limited to: Aerobics, Baseball, Basketball, Bowling, Camping, Canoeing, Cross Country, Diving, Football, Golf, Gymnastics, Hiking, Hockey, Ice Skating, Judo, Karate, Martial Arts, Rollerblading, Roller Skating, Rugby, Running, Skiing, Skateboarding, Soccer, Softball, Swimming, Table Tennis, Track and Field, Trampoline, Volleyball, Walking, Water Skiing, Wrestling, etc.

**The sport chosen cannot be any sport that is offered in another 4-H project. For example, Fishing, Shooting Sports, (including Archery), ATV and Bicycle should be exhibited through their specific 4-H clubs and will not be accepted in the Sports project.**

## Exhibit Requirements

This is a three-ring notebook project. Three-ring notebooks should include all previous years' work and records for your current level. Use a divider to separate each year's work. Only your work for the current year will be judged; however, the judge may

choose to look at previous years' work for reference. Three-ring notebooks will be judged but not displayed at the fair.

### **Beginner: Grades 3-5**

If you are in this level for more than one year, you should select a different topic about your sport or a different sport each year.

Prepare one three-ring notebook that includes information and illustrations about your chosen topic.

Include in your three-ring notebook one 8 inch by 10 inch photo in a plastic sleeve. This photo will be used for display at the fair. This can be a picture of you or another person participating in your chosen sport, equipment needed for your chosen sport or other illustration that explains the benefits of your sport.

Choose one of the following topics for your project:

1. **“Safety Rules For \_\_\_\_\_”** : (i.e. Tennis, Rugby, Swimming, Golf, etc.)
  - Explain the safety needed for the game – NOT the rules to play.
  - Explain the precautions to be used in this sport.
2. **“Equipment Needed For \_\_\_\_\_”**
3. **“Basic Skills to Develop For \_\_\_\_\_”**
4. **“Exercise Value of \_\_\_\_\_”**
  - Fitness health required for an athlete for that sport.

### **Intermediate: Grades 6-8**

If you are in this level for more than one year, you should select a different topic about your sport or a different sport or person each year.

Prepare one three-ring notebook that includes information and illustrations about your chosen topic.

Include in your three-ring notebook one 8 inch by 10 inch photo in a plastic sleeve. This photo will be used for display at the fair. This can be a picture of you or another person participating in your chosen sport, equipment needed for your chosen sport or other illustration that explains the benefits of your sport.

Choose one of the following topics for your project:

1. The history of a sport.
2. The history of the rule changes of a sport.
3. Research an important person who has influenced a sport. Tell how he/she has helped shape the sport to be what it is now.
4. Research how a particular sport was invented or the person who invented the sport.

**Advanced: Grades 9-12**

If you are in this level for more than one year, you should select a different topic about your sport or a different sport or person each year.

Prepare one three-ring notebook that includes information and illustrations about your chosen topic.

Include in your three-ring notebook one 8 inch by 10 inch photo in a plastic sleeve. This photo will be used for display at the fair. This can be a picture of you or another person participating in your chosen sport, equipment needed for your chosen sport or other illustration that explains the benefits of your sport.

Choose one of the following topics for your project:

1. The lifestyle an athlete should maintain to remain healthy and competitive.  
Examples include: eating a healthy diet, exercising or training, avoiding the use of illegal or harmful substances, etc.
2. Research a present or past sports personality. Include a description of his/her career.
3. Research the major rule changes of a particular sport from an elementary level to a professional level. For example: Little League vs. Professional Baseball.

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Adopted December 2008 – Revised October 2014

Special thanks to the various counties in Indiana that contributed to this project.  
Adapted primarily from Blackford County 4-H.