



Welcome to the world of sports! Sports appeal to almost everyone; young and old, tall and short, male or 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 to learn as much as you can about the sport or activity. You might want to visit the library, a sporting goods store, or attend a game in order to learn about your chosen area. Coaches and players are also a great source of information. After you become familiar with the sport, teach others what you have learned!

A few sports you might be interested in are listed below:

- | | |
|----------------|--------------|
| BASEBALL | BASKETBALL |
| BOWLING | JUDO |
| COMPUTER GAMES | GYMNASTICS |
| SOCCER | SWIMMING |
| CHEERLEADING | TENNIS |
| TRACK & FIELD | VOLLEYBALL |
| SOFTBALL | CARD GAMES |
| WRESTLING | BAND |
| GOLF | MARTIAL ARTS |
| TABLE TENNIS | ICE SKATING |
| BOARD GAMES | AND MORE! |

General Guidelines

There are a wide variety of sports available to be pursued and enjoyed. In addition, there are lots of physical and recreational benefits. In this project, you learn about your chosen sport and hopefully increase your skills in mastering your sport.

Through the 4-H Sports project, you will:

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

There are several ways to participate in the 4-H Sports project:

1. Participate actively with an organized team in the county.
2. Participate in a sport with your family, friends, or 4-H Club.
3. If the sport is an individual sport, participate on your own.



Participation in sports is an education in itself. No other single program today can offer a growing youngster the following benefits:

- 1. Physical Well-Being:** through participation in sports, the body and the mind grow and develop. The muscles, as well as the vital organs, grow strong with an increase in physical activity.
- 2. Discipline:** We hear the cry from many places that young people need to learn discipline. Athletics teaches and imposes self-discipline, vital to a successful adult life.
- 3. Release of Physical Energy:** Some way, somehow, young people will find a way to release their physical energy. Sports offers a wholesome medium for this purpose.
- 4. Competition:** Our entire way of life is based on competition. Every person in industry, business, or a profession is competing to improve or maintain their economic standing. What better way is there to learn this important principle than through sports?
- 5. Loyalty:** Being faithful to a team, group, or cause is an important lesson of athletics. No one will fail himself when they have learned the lesson of being loyal to others.
- 6. 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.

General Guidelines

Division 1, Grade 3: Exhibit a poster with at least six different pictures showing you playing the sport in which you have chosen for this project.

Division 2, Grade 4: Exhibit a poster showing the complete uniform to be worn. Include helmet, kneepads, etc. Each item should be labeled with the name of the item, and the price for each item. This should allow someone not familiar with the sport an idea as to what is needed and how much it will cost.

Division 3, Grade 5: Exhibit a poster illustrating the dimensions of the field, court, alley, pool, etc. Each dimension should be clearly stated as well as the base line, free throw line, serving line, etc. Your poster should be specific enough to allow someone to set up the field, court, etc. themselves in an area not already marked.

Division 4, Grade 6: Exhibit a poster showing at least four different techniques used when playing the sport. Each technique should be labeled and have a brief description of how it aids or does not aid when playing the sport.

Division 5, Grade 7: Exhibit a poster showing at least four well-known athletes in the sport you have chosen. Each athlete should have a brief description of who they are, what team they play for, and a list of their accomplishments in the sport.

Division 6, Grade 8: Exhibit a sports safety poster. This may include safety items to wear, helmet, gloves, etc. that may or may not be a required part of the sport uniform or safety techniques that can be used to avoid injured. You may show a first aid kit with items that are to be kept close by, etc.

Division 7, Grade 9: Exhibit a poster showing an offensive or defensive play or position used while playing the sport. Each player should be labeled with the proper position. The poster should give the name of the play or position, and describe its effectiveness when playing the sport.

Division 8, Grade 10: Exhibit a poster showing a proper diet for an athlete in training. The poster should show a three-day menu with the proper nutrition requirements.

Division 9, Grade 11: Exhibit a poster showing a workout schedule for an athlete in training for a particular sport. The program should be shown for three days. Illustrations may be used.

Division 10, Grade 12: Exhibit a report on the history of the sport. The report should include things such as: when and where the sport was first played, legend athletes, how the sport has changed over the years, etc. This should be typed, have a cover page, and exhibited in a clear plastic cover.

4-H SPORTS RECORD SHEET

Year _____

Name _____

Grade Completed Prior to Fair _____ Age _____ Division _____

Name of 4-H Club _____

Name of Sport _____

Leader Signature _____ Date _____

Part 1: (To be completed before you begin the project.)

Basic skills I would like to learn:

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

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

Basic Beginner Beginner Intermediate Advanced Skilled

Part 2: (To be filled out before the fair.)

Basic skills I learned this year:

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

Did you enjoy participating in this sport? _____

If yes, why? _____

If no, why not? _____

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? _____

If not, why not? _____

Did you show good sportsmanship while playing your sport? _____

If yes, in what ways? _____

If no, why not? _____

List three (3) safety rules to remember while playing your sport:

1. _____

2. _____

3. _____

Did you give a demonstration on your chosen sport at one of you 4-H club meetings?

If yes, which sport? _____

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

If yes, who? _____

What did you teach them about your chosen sport? _____
