In this project, youth learn how to increase physical activity in a safe and fun atmosphere. Youth can participate in a variety of 4-H fitness projects including yoga, surfing, hiking, running, walking, strength training and more.

- Set daily goals for physical activity.
- Discover health benefits associated with physical fitness.
- Decrease time spent watching television or playing video games.

### 4-H Fitness Project

- **Starting Out**
  - Beginner
  - Learn basic locomotor movement (skip, tip-toe, leap, jump) in a fun way.
  - Learn guidelines for good sportsmanship.
  - Practice catching and throwing objects, such as balls, Frisbees and bean bags.
  - Identify a variety of sports equipment.
  - Learn to play a variety of active games, such as tag and capture the flag.

- **Learning More**
  - Intermediate
  - Learn to play a racquet sport.
  - Demonstrate how to take your pulse during activities.
  - Learn a line dance.
  - Explore board sports, such as skateboarding, snowboarding and surfing.
  - Learn how to stretch and know the related benefits.
  - Attend a college sporting event.
  - Create an obstacle course and complete it.
  - Learn playground games, such as four-square, hopscotch and hula-hooping.

- **Exploring Depth**
  - Advanced
  - Go backpacking.
  - Learn water sports, such as white water kayaking, wind surfing and water polo.
  - Train for and complete a half-marathon.
  - Study the relationship of fitness and metabolism.
  - Learn to ballroom dance.
  - Discover the rules and etiquette of golf. Play a round.
  - Learn to use a pedometer.

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

Healthy Living

- Coordinate a community bike ride. Invite a local agency to discuss bicycle laws and safety.
- Replace one trip each week with walking or biking rather than riding in a car or

Science, Technology, Engineering, and Mathematics

- Research how pedometers and accelerometers work. Develop an experiment to measure and compare their accuracy.
- Visit www.presidentschallenge.org/natl4-H to track your physical activity online.

Citizenship

- Renovate an outdoor walking or hiking trail to encourage physical activity in your community.
- Lead a park clean-up day, so other youth have a safe outdoor space to play.
- Coordinate a sports equipment drive and donate the goods to a school in need.

Leadership

- Conduct a county wide physical activity competition. Organize club-based teams to compete.
- Volunteer to be the club health or physical recreation officer.
- Lead your club in active play at your next club meeting. Include information

<table>
<thead>
<tr>
<th>Connections &amp; Events</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Presentation Days</strong> – Share what you’ve learned with others through a fitness-related presentation.</td>
<td>Keeping Fit and Healthy– <a href="http://www.4hmall.org">www.4hmall.org</a></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Field Days</strong> – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
<td>You’re the Athlete– estore.osu-extension.org</td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
</tr>
<tr>
<td>Contact your county 4-H office to determine additional opportunities</td>
<td>YOuth in Motion– 4h.unl.edu/4hcurriculum/physicalfitness</td>
<td></td>
</tr>
<tr>
<td>Bicycle Adventures– <a href="http://www.4hmall.org">www.4hmall.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jump into Food and Fitness– msue.anr.msu.edu/program/info/jump_into_foods_and_fitness.jff</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Up for the Challenge: Lifetime Fitness, Healthy Decisions– <a href="http://www.4-hmilitarypartnerships.org/">www.4-hmilitarypartnerships.org/</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

University of California Agriculture and Natural Resources

Resources

- National Bicycle Safety www.pedibikeinfo.org
- GetSweaty www.getsweaty.com
- Let’s Move! www.letsmove.gov
- American Heart Association www.heart.org
- We Can! www.nhlbi.nih.gov/health/educational/wecan/
- The President’s Challenge www.presidentschallenge.org
- Barn! Body and Mind www.cdc.gov/bam/
- CANFIT www.canfit.org
- Disney Healthy Living citizenship.disney.com/try-it
- SPARK www.sparkpe.org
- Playworks www.playworks.org
- Safe Routes to School www.saferoutesinfo.org
- Get up and Do Something www.getupanddosomething.org