# 4-H Sports and Athletics Project

A Sports and Athletics project can provide youth with the opportunity to build athletic skills and group communication. Youth will learn teamwork and cooperation. Projects might focus on several different sports, including basketball, softball, or soccer. The goal of this project should be to encourage a positive and fun experience with physical activity. Youth will
- learn the basic rules of one or more sports
- learn how to work with teammates
- engage in physical activity
- understand the importance of sportsmanship

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<td>Beginner</td>
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<tr>
<td><strong>Explore various sports, such as basketball, baseball, soccer, volleyball, football, badminton, or capture-the-flag.</strong></td>
<td><strong>Learn about scoring and sports record keeping.</strong></td>
<td><strong>Learn about sport organization and structure at the local to national levels.</strong></td>
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<tr>
<td><strong>Practice playing many different sports.</strong></td>
<td><strong>Practice playing the sport.</strong></td>
<td><strong>Explore athletic trends of popular players.</strong></td>
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<td><strong>Learn about the various types of equipment need for each sport.</strong></td>
<td><strong>Learn about different roles and positions of each sport.</strong></td>
<td><strong>Explore sport strategy and develop plays.</strong></td>
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<tr>
<td><strong>Learn basic motor skills (catch, running, batting) needed to participate in sports.</strong></td>
<td><strong>Explore how each player adds to the sport.</strong></td>
<td><strong>Engage in scrimmages.</strong></td>
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<td><strong>Attend a sporting event.</strong></td>
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</table>

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

## 4-H THRIVE

Help youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

- **Goal Selection:** Choose one meaningful, realistic, and demanding goal.
- **Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.
- **Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character, or establish connections.
Expand Your Experiences!

**Healthy Living**
- Coordinate a sporting event for your community.
- Explore the relationship between physical activity and stress.
- Organize a teambuilding athletic activity.

**Science, Technology, Engineering, and Mathematics**
- Learn about available prosthetics used in sport for those with disability.
- Track your own statistics or a professional athlete's statistics.
- Design a workout routine and nutritional plan to build sport performance.

**Civic Engagement**
- Coordinate a collection of sports equipment for a school or recreation center in need.
- Lead a park clean-up day.
- Organize a fundraiser and donate the proceeds to local youth sports.

**Leadership**
- Volunteer to be your club’s healthy living officer or recreation officer.
- Coach others in a chosen sport (e.g., basketball, softball, soccer).
- Organize club or countywide scrimmages.

**College and Career Readiness**
- Become trained to serve as a referee.
- Explore college sports teams, their requirements, and recruitment practices.
- Explore areas of study around sports (e.g., physical therapy, kinesiology, sports photography).

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**Resources**

- American Council on Exercise [www.acefitness.org](http://www.acefitness.org)
- Marathon Kids [https://marathonkids.org/](https://marathonkids.org/)
- CANFIT [www.canfit.org](http://www.canfit.org)
- Playworks [www.playworks.org](http://www.playworks.org)
- National Alliance for Youth Sports [www.nays.org](http://www.nays.org)
- National Collegiate Athletic Association [www.ncaa.org](http://www.ncaa.org)

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