# ■ University of California Agriculture and Natural Resources

CALIFORNIA 4-H PROJECT SHEET SERIES
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# PEER REVIEWED



# **4-H FITNESS PROJECT**



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.
- Explore the importance of fitness in relation to quality of life.

# 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.
- Understand the benefits of limiting screen time to less than 2 hours each day.

# Learning More Intermediate

- Learn to play a racket sport.
- Demonstrate how to take your pulse.
- Learn a line dance.
- Explore board sports, such as skateboarding, snowboarding and surfing.
- Learn how to stretch and know the related benefits.
- Attend a sporting event.
- Create an obstacle course and complete it.
- Learn playground games, such as four-square, hopscotch and hulahooping.

# 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 to track your steps.
- Tour a fitness gym and attend a group exercise class.

## **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 stepby-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.

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

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Your Spark Flex Your Brain

Reach Your Goals

# **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 driving.
- Learn a variety of cultural dances and share them at a community event or fair.
- Explore the relationship between physical activity and stress.

# Science, Technology, Engineering, and Mathematics

- Research how pedometers and accelerometers work. Develop an experiment to measure and compare their accuracy.
- Visit <a href="https://www.hhs.gov/fitness/be-active/">https://www.hhs.gov/fitness/be-active/</a> to track your physical activity online.
- Use a GPS unit to participate in a "geocache" hunt. Walk or bike to each cache location.

# 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.
- Organize a Relay for Life walking event in your community.

## 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 about the benefits of living an active lifestyle.

#### **Connections & Events**

Presentation Days – Share what you've learned with others through a fitness-related presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.

#### Curriculum

- Keeping Fit and Healthy www.4-hmall.org
- You're the Athlete <u>estore.osu-extension.org</u>
- YOUth in Motion
   4h.unl.edu/4hcurriculum/ physicalfitness
- Bicycle Adventures www.4hmall.org
- Jump into Food and Fitness msue.anr.msu.edu/program/ info/jump into foods and fitness iiff
- Up for the Challenge: Lifetime Fitness, Healthy Decisions www.4hmilitarypartnerships.org/

#### 4-H Record Book

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.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit http://ucanr.edu/orb/

#### Resources

- 4-H Color Me Green Run
   4h.ucanr.edu/Projects/
   HealthyLiving/
   Color Me Green 5K Run/
- National Safety Council <u>www.nsc.org</u>
- Let's Move! www.letsmove.gov
- American Heart Association www.heart.org
- We Can! <u>www.nhlbi.nih.gov/health/</u> educational/wecan/
- Bam! 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

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Flex Your Brain

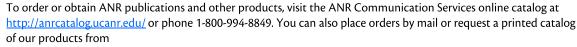
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## FOR FUTHER INFORMATION



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