



# 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.

## 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 explore what they love about being active.

### 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 you going to do when things get in your way?

### Reflect

Ask project members how being fit and active can help them 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.

#### 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 two hours each day.

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

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 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, Engineering, and Technology

- Research how pedometers and accelerometers work. Develop an experiment to measure and compare their accuracy.
- Visit [www.presidentschallenge.org/natl4-H](http://www.presidentschallenge.org/natl4-H) 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 countywide 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.

## Resources

- National Bicycle Safety Network [www.bicyclinginfo.org/network](http://www.bicyclinginfo.org/network)
- GetSweaty [www.getsweaty.com](http://www.getsweaty.com)
- Let’s Move! [www.letsmove.gov](http://www.letsmove.gov)
- American Heart Association [www.heart.org](http://www.heart.org)
- We Can! [www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)
- The President’s Challenge [www.presidentschallenge.org](http://www.presidentschallenge.org)
- Bam! Body and Mind [www.bam.gov](http://www.bam.gov)
- CANFIT [www.canfit.org](http://www.canfit.org)
- Disney Play Your Way [disney.go.com/playyourway](http://disney.go.com/playyourway)
- SPARK [www.sparkpe.org](http://www.sparkpe.org)
- Playworks [www.playworks.org](http://www.playworks.org)
- California Active Communities [www.caactivecommunities.org](http://www.caactivecommunities.org)
- Safe Routes to School [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
- Get up and Do Something [www.getupanddosomething.org](http://www.getupanddosomething.org)

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you’ve learned with others through a fitness-related presentation.</p> <p><b>Field Days</b> – During these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities available.</p>	<ul style="list-style-type: none"> <li>• Keeping Fit and Healthy - <a href="http://www.4-hmall.org">www.4-hmall.org</a></li> <li>• You’re the Athlete - <a href="http://estore.osu-extension.org">estore.osu-extension.org</a></li> <li>• YOUth in Motion - <a href="http://4h.unl.edu/web/4hcurriculum/4h5100">4h.unl.edu/web/4hcurriculum/4h5100</a></li> <li>• Bicycle Adventures - <a href="http://www.4-hmall.org">www.4-hmall.org</a></li> <li>• Jump into Food and Fitness - <a href="http://web1.msue.msu.edu/4h/">web1.msue.msu.edu/4h/</a></li> <li>• Up for the Challenge: Lifetime Fitness, Healthy Decisions - <a href="http://www.4-hmilitarypartnerships.org/">www.4-hmilitarypartnerships.org/</a></li> </ul>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit <a href="http://www.ca4h.org/4hbook">www.ca4h.org/4hbook</a>.</p>

