# 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:**

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<th>Light Their Spark</th>
<th>Flex Their Brain</th>
<th>Reach Their Goals</th>
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**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?

## 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 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, Technology, Engineering, and Mathematics**

- Research how pedometers and accelerometers work. Develop an experiment to measure and compare their accuracy.
- Visit [https://www.hhs.gov/fitness/be-active/](https://www.hhs.gov/fitness/be-active/) 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.

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<th>Connections &amp; Events</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
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| **Presentation Days** – Share what you’ve learned with others through a fitness-related presentation. | **Keeping Fit and Healthy** [www.4-hmall.org](http://www.4-hmall.org)  
**You’re the Athlete** [estore.osu-extension.org](http://estore.osu-extension.org)  
**YOUth in Motion** [4h.unLeda/4hCurriculum/physicalfitness](http://4h.unLeda/4hCurriculum/physicalfitness)  
**Bicycle Adventures** [www.4hmall.org](http://www.4hmall.org)  
**Jump into Food and Fitness** [msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jif](https://msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jif)  
**Up for the Challenge: Lifetime Fitness, Healthy Decisions** [www.4-hmilitarypartnerships.org](http://www.4-hmilitarypartnerships.org/) | **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/](http://ucanr.edu/orb/) |

**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.

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