Title
4-H Fitness Project

Permalink
https://escholarship.org/uc/item/3g29k22d

Authors
Borba, John
Diaz, Claudia
Horowitz, Marcel
et al.

Publication Date
2018-04-01

DOI
10.3733/ucanr.8609

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 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.

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 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/ 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
  estore.osu-extension.org
- YOUth in Motion
  4h.unLedu/4hcurriculum/physicalfitness
- Bicycle Adventures
  www.4hmall.org
- Jump into Food and Fitness
  msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jiff
- Up for the Challenge: Lifetime Fitness, Healthy Decisions
  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/

University of California Agriculture and Natural Resources

Resources

- 4-H Color Me Green Run
  4h.ucanr.edu/Projects/HealthyLiving/Color_Me_Green_5K_Run/
- National Safety Council
  www.nsc.org
- Let’s Move!
  www.letsmove.gov
- American Heart Association
  www.heart.org
- We Can!
  www.nhlbi.nih.gov/health/educational/wecan/
- Baml! 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

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

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at http://anrcatalog.ucanr.edu/ or phone 1-800-994-8849. You can also place orders by mail or request a printed catalog of our products from:

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2018 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8609

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, and sexual orientation, citizenship, veteran status or any other basis prohibited by Federal law. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: John Sims, Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: jsims@ucanr.edu. Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

An electronic copy of this publication can be found at the ANR Communication Services catalog website, http://anrcatalog.ucanr.edu/.

This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community—Youth Development Lynn Schmitt-McQuitty.

California 4-H Project Sheet Series Authors
JOHN BORBA, 4-H Youth Development Advisor, UC Cooperative Extension, Kern County; CLAUDIA DIAZ, 4-H Youth Development Advisor, UC Cooperative Extension, Riverside and San Bernardino counties; MARCEL HOROWITZ, Healthy Youth, Families, and Communities Advisor, UC Cooperative Extension, Yolo County; ANNE IACCOPUCCI, 4-H Healthy Living Coordinator, California State 4-H Office; SHANNON KLISCH; UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; KENDRA LEWIS, 4-H Evaluation Coordinator, California State 4-H Office; KATHERINE SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma counties.