

Waukesha 4-H Project Guide



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



Category: Family, Home & Health
4/2021

<p>4-H Project Sports</p>	<p>Subprojects under this project</p> <ul style="list-style-type: none"> ● Softball ● Basketball ● Volleyball ● etc
<p>Things you might learn in this project:</p>	<ul style="list-style-type: none"> ● Rules and strategies in sports ● Coaching skills ● Learn about the basic skills of the sport you have selected ● Learn the safety rules of the sport ● Understand good sportsmanship
<p>Learning activities/ workshops/ field trip ideas:</p>	<ul style="list-style-type: none"> ● Visit a sport game ● Participate in a sport ● Interview a coach or referee ● Shadow a personal trainer
<p>Ideas of things you might exhibit in the fair:</p>	<ul style="list-style-type: none"> ● Poster about equipment needed for a sport, why, and costs ● Describe different options for group exercise ● Poster or Display on the different positions on a team ● Display emphasizing concussion awareness ● Video sharing the importance of warming up properly ● Poster or Display on rules of a sport ● Report on practice drills related to a sport
<p>Waukesha County Project Leaders:</p>	<ul style="list-style-type: none"> ●
<p>References & Resource links:</p>	<ul style="list-style-type: none"> ● https://extension.purdue.edu/LaGrange/article/1797 ● https://extension.sdstate.edu/4-h-fitness-sports-project ● http://www.kids-sports-activities.com/sports-rules.html ● https://kidsports.org/rules/ ●