Ohio 4-II Cloverbud Wit

A teaching tool for Ohio 4-H Volunteers





Section 41 Cloverbud Kits

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	- written by Beverly Kelbaugh (from the Ohio 4-H Cloverbud Curriculum Series II)	
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Lead Contributors:

- Janine Yeske, Extension Educator,
 4-H Youth Development, Jefferson County, Ohio
- Bruce Zimmer, Extension Educator,
 - 4-H Youth Development, Monroe County, Ohio
- Lesley Jirles, Extension Program Assistant
 - 4-H Youth Development, Guernsey County, Ohio



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Sports Lesson

From Ohio 4-H Cloverbud Curriculum – Series 2



Ice Breakers & Mixers





Sports Meet



Cut apart the cards on the following pages and distribute one to each Cloverbud as he/she enters the room. Cloverbuds must use their cards to find other members with cards that show pictures of the same sport. For example: member with golf ball will join member who has golfer and they will join with member who has picture of golf course.

Sports Match



Sports Match is a game where members use their memory skills to match items based on nine different sporting activities. Use the cards on the following pages that portray balls used in different sports, people involved in the sports, and the playing area where each sport would take place. Turn the cards face down on the table. Members must take turns flipping over cards until matches are made. For example: football goes with quarterback throwing football and football field. Play until all matches are made and all Cloverbuds have had a chance to play. (Note: if using all cards is too difficult for your group, use only the "ball" cards and the "player" cards.)

limbon.

High Five (People-to-People)



People-to-People is a favorite among all ice breakers. Gather all Cloverbuds to middle of room and ask each member to find a partner. (If there is an odd member, you may join in to be a partner.) After every member has a partner, call out two body parts. Example: Shoulder-to-shoulder. Cloverbuds must find new partner and join that person "shoulder-to-shoulder." Other suggestions include: toe-to-toe, finger-to-finger, head-to-head, and knee-to-knee. Then mix the parts up: knee-to-elbow, shoulder-to-toe, etc.

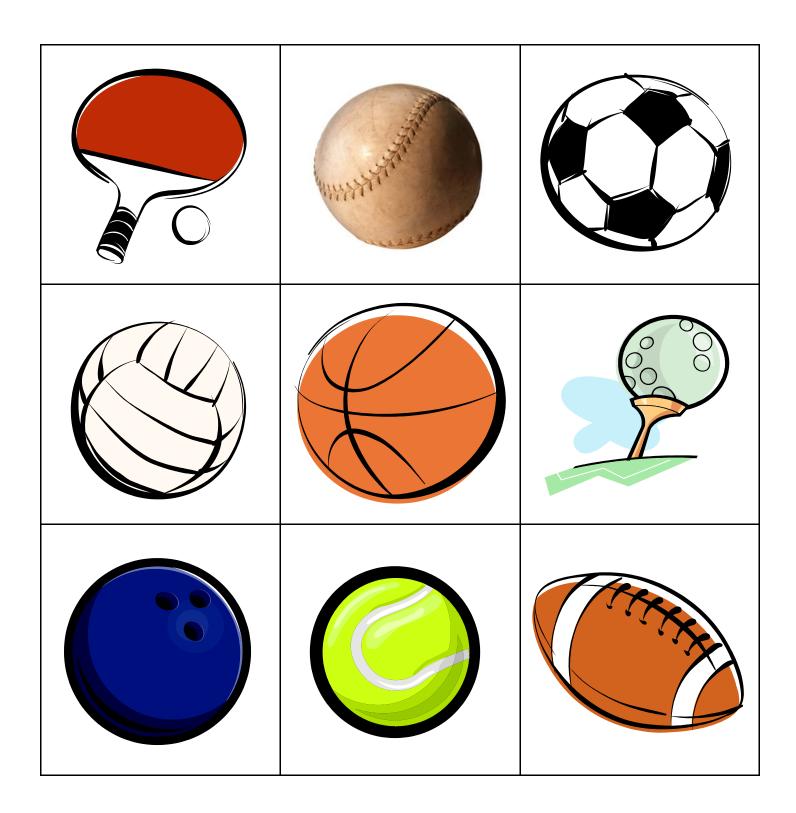
A "sports version" would be played with the following body parts: pitching arm-to-pitching arm, batting helmet-to-batting helmet, slide-to-slide (one foot slides to partner's foot), and high five-to-high five.



Developed by:

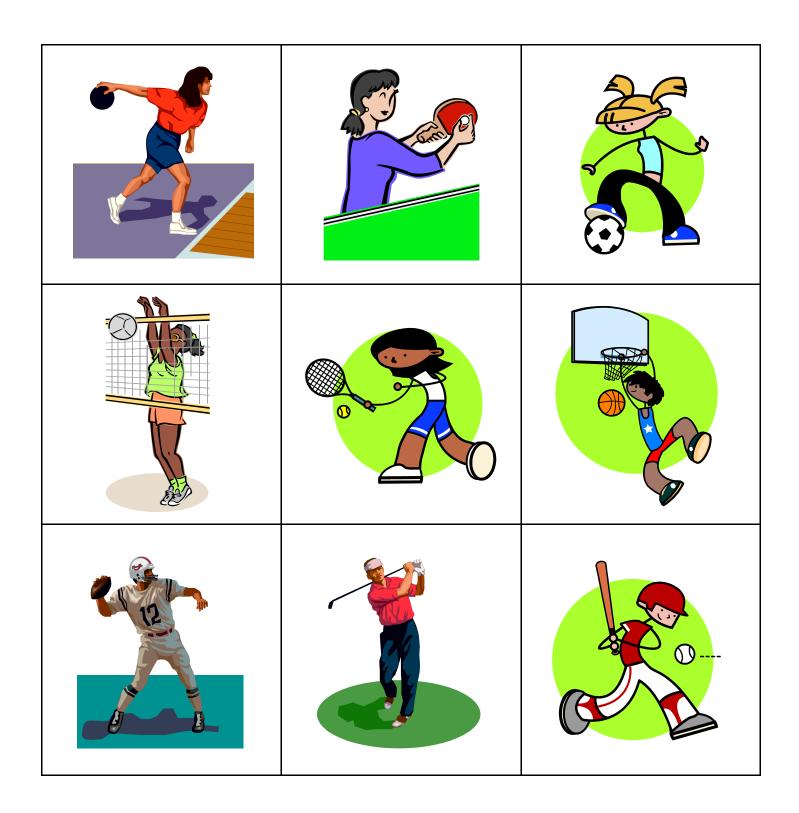
Janine Yeske, Extension Educator, 4-H Youth Development, Jefferson County, Ohio





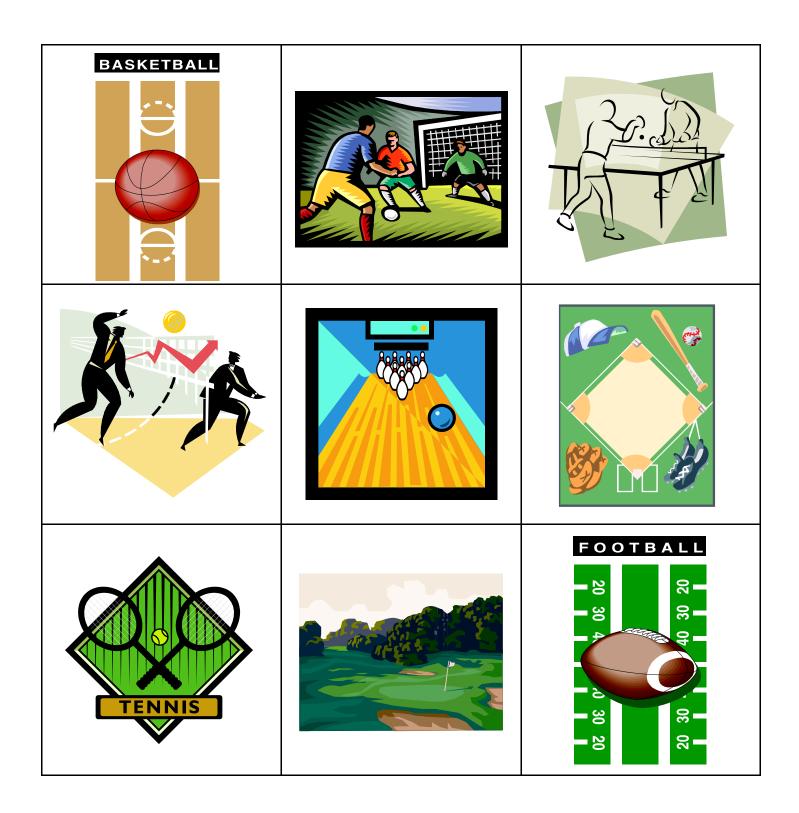
Balls used in different sports

Instructions: Cut apart these cards for the Sports Meet and Sports Match Games



People involved in different sports:

Instructions: Cut apart these cards for the Sports Meet and Sports Match Games



The playing area where each sport is played:

Instructions: Cut apart these cards for the Sports Meet and Sports Match Games

Getting Started







After all your Cloverbuds have arrived and have had a chance to take part in an icebreaker, ask everyone to join you sitting in a circle. Circle Time is a great opportunity to allow Cloverbuds to talk, to get to know you and each other, and to discover what they already know about the topic you are studying.

Good circle time questions about sports include:



Today, we are going to talk about "sports." Can anybody tell me something about sports?

Have any of you ever played any sports?

What about your brothers or sisters?



Have you ever watched any sports?

Have you watched in real life or on TV?

Do you have a favorite team?



Today we are going to learn a little more about sports. We are also going to learn about sportsmanship and working together as a team.

Does anyone have anything else they want to share about sports? If not, the next thing we are going to do is...





Games & Activities







Although it takes years to become a pro, each Cloverbud can work on his/her skills even at this young age. Cloverbuds can also begin thinking about particular sports they would like to participate in through the following activities:

• Dunk It!!!



Members will take turns shooting hoops using a beach ball and a hula hoop. Ask parents or older club members to take turns holding the hula hoop while Cloverbuds stand behind a designated line and take shots. Play until everyone gets a turn and has some success. Do not keep score or encourage competition; instead encourage skill building and cooperation.

• Swing Away!!!



Members will take turns at batting practice using a beach ball and a pool noodle as a bat. Ask parents or older club members to take turns pitching the beach ball while Cloverbuds stand at "home plate" and swing. Play until everyone gets a turn and has some success. Do not keep score or encourage competition; instead develop a team spirit.

• Punt, Pass, and Kick!!!



Members will take turns punting and passing a Nerf or other soft football using a hula hoop as the goal. Play until everyone gets a turn and has some success. Encourage a feeling of concern for teammates and an appreciation of the collective efforts of the group.

Developed by:



Janine Yeske, Extension Educator, 4-H Youth Development, Jefferson County, Ohio Note: Game developed using Microsoft Publisher and Microsoft Clipart.





Introduction:



Bingo is a fun game to play with your 4-H Cloverbuds! This game will compliment the Sports lesson found in the Ohio 4-H Cloverbud Curriculum—Series II. When you play bingo with 4-H Cloverbuds, keep in mind that you want to minimize competition and increase opportunities for learning. This can be accomplished by playing the game until everyone bingos. Take time to talk about the various items that accompany each sport, why these are important to the sport or how they are used.

Instructions:

- 1. Print and cut apart the Sports Bingo cards on the following pages. There are 12 different cards.
- 2. Print the master list of bingo pieces. Cut these apart and place them in a container or paper bag. Draw from these pieces to play the game.
- 3. As you draw the pieces, call out the locations. For example: football-cheerleader.
- 4. Explain the game of bingo and the different ways they can Bingo! (across, down, diagonal). For more complicated play you could add others like—four corners, diamond, postage stamp, etc.
- 5. Have fun and remember to let everyone bingo!



What you will need:

- 1. Items to place on each bingo spot (pennies, dried beans, etc.)
- 2. Sports Bingo cards—one for each Cloverbud member or they can work in teams.
- 3. Master list cut into pieces and placed in a container or bag.



Other ideas:

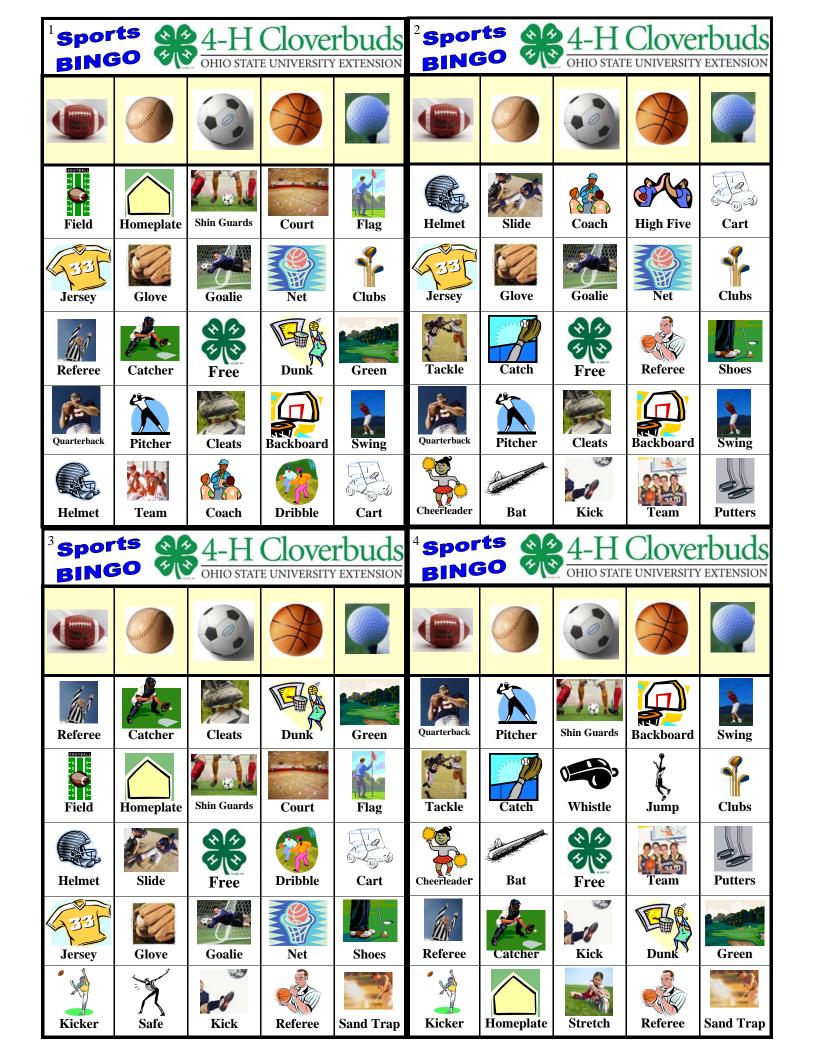
- Play Partners—Partner older members with younger members.
- Laminate Your Cards—Laminate the Bingo cards and you will have them for years to come.



Developed by:

Bruce Zimmer, Extension Educator, 4-H Youth Development, Monroe County, Ohio Note: Game developed using Microsoft Publisher and Microsoft Clipart.









Master List (cut apart for the game)

		\		
Football Quarterback	Baseball Pitcher	Soccer Cleats	Basketball Backboard	Golf Swing
Football Tackle	Baseball Catch	Soccer Whistle	Basketball Jump	Golf Tee
			*	
Football Field	Baseball Home Plate	Soccer Net	Basketball Court	Golf Flag
		e ·		
Football Jersey	Baseball Glove	Soccer Goalie	Basketball Dunk	Golf Shoes
Football Kicker	Baseball Safe	Soccer Kick	Basketball Referee	Golf Sand Trap
		-19		
Football Cheerleader	Baseball Catcher	Soccer Coach	Basketball _Team	Golf Green

Football Goal Post	Baseball Bat	Soccer Shin Guards	Basketball Net	Golf Putters
4				
Football Helmet	Baseball Team	Soccer Stretch	Basketball Dribble	Golf Cart
	200			
Football Referee	Baseball Slide		Basketball High Five	Golf Clubs
IN				•

Books







Every Cloverbud lesson can be enhanced by books. Whether you have the books sitting out on tables for Cloverbuds to look at as they enter the room, or make an official "story time" during each meeting, the results will be the same. Children who grow up appreciating books and reading will carry this appreciation throughout their lives. Here are books about sports that are fun, but carry a message that we would like to share with our Cloverbuds:



- <u>Tumble Bunnies</u> by Kathryn Lasky and illustrated by Marilin Hafner. Here's an excerpt from the inside cover..."The Sports Spectacular is only a week away and Clyde is worried. He's sure he won't be chosen for any team—not for the races, not for kickball and not for T-ball. Then his best friend, Rosemary, tells him that she is entering the tumbling event, and best of all you don't need a team. Soon Clyde is practicing his somersaults, hops, and a trick he made up called the twirly-burly. But when something unexpected happens on the day of the Sports Spectacular, Clyde must find a way to go on."
- The Last Place Sports Poems of Jeremy Bloom by Gordon Korman and Bernice Korman. This book contains humorous poems about baseball, football, soccer and other sporting events.



- <u>Too Small for the Team</u> by The Berenstains. Although she is a very good soccer player, Sister Bear isn't allowed to try out for the team until she is bigger, and so she signs up to be the team manager in hopes of proving herself to the coach.
- Ready, Set, Swim! by Gail Donovan: Things start out fine when Rainbow Fish and his friends organize an impromptu sports day, but Spike is a sore loser, Puffer is a poor winner, and no one has any fun until Dyna finds a solution.



- <u>The Big Tee Ball Game</u> by Larry Dane Brimner: Gabby discovers that cheating at tee-ball is not the best way to win.
- I Can Play Fairly by Angela Leeper.
- <u>The Roar of the Crowd</u> by Rich Wallace. After years of playing nothing but soccer in Hudson City, New Jersey, Manny has to work very hard to play on the middle school football team, using determination, speed, and smarts to make up for being small and inexperienced.



- Willy the Scrub by Jamie McEwan: Willy and his friends have just started 5th grade and they want to be part of the 'in' crowd, the jocks. The fall football season leaves Willy a benchwarmer, or scrub, but he goes out for wrestling in the winter and things begin to change.
- Another great source are children's magazines, i.e. **<u>Highlights</u>**.



Guest Speakers







Guest speakers can add a special touch to a Cloverbud meeting. Because one of the objectives of the Sports lesson is "understand what is valued in a given community or culture" this can be a particularly great chance to involve guests.

Guests may be:



A member from older 4-H club who plays sports could come in to talk about his/her sport; the demands, the schedule, and techniques of the game.

A cheerleader from a local high school can come in to talk about cheering and teach the Cloverbuds a cheer.



A coach from a local team could come in to teach the Cloverbuds about his/her sport and teach a skill to the group. Example: show Cloverbuds the correct posture when swinging a bat.

Here are some tips to consider when inviting a special guest to a Cloverbud meeting:



- 1. Tell your club's head advisor of your plans so older 4-H club could extend an invitation to the guest to visit the older club after meeting with the Cloverbuds.
- 2. Stress the concepts of cooperation, teamwork, and a sense of belonging and success. Do not allow team rivalries to ruin the meeting: remind Cloverbuds the meaning of RESPECT.
- 3. Be sure Cloverbuds send thank you cards to the guest after the visit.





Music - CDs & Songs



Music - CDs and Songs



Songs about Sports

Take Me Out to the Ballgame

Swimming Pool Song

4-H Spirit







Songs about Movement

If You're Happy and You Know It

The Ants Go Marching

Head, Shoulders, Knees and Toes



Songs about Food and Nutrition

On Top of Spaghetti

Watermelon Song

Little Juicy Orange

Egg Song







Check out this website:

songsforteaching.com

Check out these great CD's:

"Yummy Yummy" by The Wiggles

"Bon Appetit" by Cathy Fink and Marcy Marxer



Arts & Crafts







Simple crafts can be made to reinforce the Sports lesson. Here are a few:

- Make pennants for your Cloverbud team. Pennants are a type of flag you can
 hang in your room to show others what sports team you like. Pennants can be
 made from felt, foam board, or construction paper and decorated with paints,
 markers, and stickers.
- Make **benchwarmers** out of foam board and permanent markers. Cut foamboard into rectangles approximately 10 X 15 inches in size. Cut a handle hole out of one end. Cloverbuds can decorate with their favorite team's colors.
- Make Respect-acles: Respect-acles are a fun way to remind Cloverbuds to show respect to each other. Respect-acles are made from pipe cleaners. Form one pipe cleaner into a circle by twisting the ends together. Then twist the middle few times to form the nosepiece. Shape each side into eyeglass lens. Wrap one pipe cleaner around each side and fold down end to go over the ear. Put your Respect-acles on. Wearing Respect-acles will remind Cloverbuds to look at others with RESPECT.

"Respect-acles" is just one of the ideas from the University of Missouri's website that supports the six pillars of character.

Check it out: http://4h.missouri.edu/go/programs/character/index.htm











Snacks





Remember these tips as you choose your Cloverbuds' Snacks:

1. Take 10 minutes.

Your snack choice is actually an important part of the Sports lesson. Think of nutritious snack ideas that will help members express themselves physically.

2. Follow the "MyPyramid" guidelines.

Use MyPyramid to teach Cloverbuds about healthy and fun snack ideas.

3. H_20 – drink plenty of it.

Talk with Cloverbuds about the importance of drinking water. Do they drink water everyday? Why is drinking water so important?

4. Make Your Own Snacks

Involve your Cloverbuds. Find ideas in cookbooks, on TV, or the Internet.

5. Have snacks and drinks ready to go.

Be prepared before the meeting. Even when Cloverbuds are helping to make their own snacks, everything should be available and ready to go.

6. Think smoothies, snack mix, fruits, vegetables, cheese and peanut butter.

Once again, nutrition can be FUN!

7. Read labels.

Be sure that sugar is not the first ingredient!!! Products may declare themselves to be healthy, but actually loaded with sugar.

8. Shop wisely.

Read the sale ads before you shop. Shop dollar stores for great bargains. Allow time for shopping so you can get the best deals.

9. LEAD BY EXAMPLE.

10. MAKE SNACKS FUN!!!

Developed by:

Leslie Jirles, Program Assistant, 4-H Youth Development, Guernsey County, Ohio









Looking Ahead







"Sports" is a part of just about everyone's life and Cloverbuds can think ahead of other ways to learn more about sports.

4-H Project

You're the Athlete is a 4-H project book that looks at the topics of:

- Goal Setting
- Sportsmanship
- Time Management
- Nutrition and Sports
- Strength and Conditioning
- Athletes as Leaders
- Conflict Resolution
- Careers in Athletics



Careers in sports are listed in the Sports curriculum and include:

- TV Newscaster
- TV or Radio Announcer
- Field Announcer
- Newspaper Writer
- Publicist
- Photographer
- Coach
- Referee or Umpire
- Athletic Trainer
- Team Doctor
- Promoter
- Ticket Sales Person





