

## **4-H LEISURE EDUCATION GUIDELINES**

The following are guidelines for providing learning experiences in leisure education activities, which can range from recreational activities such as bowling to games of all types. Please do not feel limited to working in only those areas we've included - you're encouraged to work in whatever activities your club is interested in. In addition, some activities which could be considered leisure education are listed a separate project areas such as bicycling, fishing and shooting sports.

Leisure education activities are fun for any size group and a wide variety of age ranges, whether used as a project or solely as a recreational event. Some clubs even select one activity a year to focus on.

### **GENERAL GUIDELINES FOR ALL MEMBERS**

Learn recreational skills for lifetime leisure and possibly turn enthusiasm for sports into a career.

Learn how leisure education can improve physical condition.

Learn how to select, care for and maintain equipment.

Learn the skills and terminology necessary to participate in leisure education activities.

Encourage members to give club demonstrations on selection, maintenance, clothing needed, techniques, etc. for the particular activity. Project meetings should ideally include actual practice of the activity.

Leisure education projects are often difficult to "exhibit at the fair". Members should be allowed to participate just to learn or improve skills and have fun. If members want to make a fair exhibit, the content and complexity of it must reflect the age of the member and the amount of experience in the project. Exhibits could consist of posters, pictures, charts, written reports, etc. on skills learned or on the history of the activity, or any other aspect. Items or articles showing activities, equipment, and accomplishments related to the project would all be possible exhibits. The judge will be interested in what the member learned, what he/she did, and what they would like to learn in the future. Why not check out the 4-H video camera and tape your members in action and/or have them do a tape for their exhibit! Members could also team up to present a demonstration at the fair - showing particular aspects of their project activities.

Audio visual materials for bowling, cross country skiing, baseball, basketball, tennis, golf and soccer are available on loan through Michigan State University. Contact our Extension office so we can order the materials for you.

Other resources include: sporting goods stores; recreation directors of local parks and recreation departments; YWCA/YMCA; physical education teachers; dance schools or clubs; golf courses and driving ranges; bowling alleys and leagues; and libraries.

You may want to work with members to learn the following skills:

### **Bowling Skills**

- Equipment used in bowling and bowling terms
- Selecting a ball that fits
- Learning etiquette and rules of bowling
- The bowling process (holding, aiming, delivery)
- How the lanes function
- Keeping score & teaching others to keep score, figuring averages
- Picking up spares more often

The National Bowling Council has educational materials. Their address is 1666 "K" Street NW, Suite 611, Washington, D.C. 20006

### **Baseball Skills**

- Baserunning
- Infielding
- Outfielding
- Hitting
- Sliding
- Throwing accuracy/pitching
- Catching

### **Basketball Skills**

- Dribbling
- Lay-ups
- Fouls
- Set and jump shots (shotmaking)
- Offense/defense
- Rebounding

### **Golf Skills**

- Selecting & maintaining equipment
- Knowing about different golf clubs and their uses
- Proper grip and golf stances
- Developing a golf swing
- Learning about golf courses
- Learning about par
- Learning golf terminology
- Keeping score and teaching others to keep score
- Golf etiquette and safety

### **Soccer Skills**

- Juggling and heading
- Dribbling
- Passing and receiving

- Passing and turning
- Shooting
- Goalkeeping

### **Tennis Skills**

- Selecting and maintaining equipment
- Learning about the tennis racket and ball
- Proper grips used in tennis
- Serving, forehand and backhand drives, and volley
- Tennis etiquette
- Special shots
- How to play and score singles and doubles games and teaching others
- Learning tennis terminology

### **Cross-Country Skiing Skills**

- Selecting equipment and clothing
- Waxing
- Maintaining and care of equipment
- Forward glide, diagonal stride, ski step, herringbone, and side step
- Turns
- Falls
- Braking
- Obstacles and safety
- Related skiing activities include the study of animal tracks, birds, trees, plants, the sounds of winter, orienteering, and photography.

Project manual is available at the Extension office.