Planning My 4-H Year

What would you like to do in 4-H this year? You might want to go fishing with your club or learn how to launch rockets. Perhaps, you'd like to clean up your neighborhood or learn to make pizza. The possibilities are endless.

This page is designed for you to record what you want to do and learn this year. The things you plan to learn and do are called "goals." Goals can be completed alone or with your friends. To begin, list the things you'd like to learn or do. List things like participating in specific projects, going to 4-H camp, modeling in a fashion show, serving as a 4-H helper for your leader, and serving as an officer. You will want to include goals for each project you are planning to do.

You also might think of new goals during the year. If you do, just add them to your plan along with the month you think you'll do them.

MY 4-H PLAN

<table>
<thead>
<tr>
<th>What things do you want to learn or do?</th>
<th>Month to do them</th>
</tr>
</thead>
<tbody>
<tr>
<td>Join and participate in photography group</td>
<td>September '08</td>
</tr>
<tr>
<td>Participate in volleyball with Recreation Department</td>
<td>October '08</td>
</tr>
<tr>
<td>Prepare dinner for my family</td>
<td>June '09</td>
</tr>
<tr>
<td>Participate in basketball with Recreation Department</td>
<td>January '09</td>
</tr>
<tr>
<td>Participate in softball with the Recreation Department</td>
<td>April '09</td>
</tr>
<tr>
<td>Continue with dance lessons</td>
<td>September '08</td>
</tr>
<tr>
<td>Sew a pair of pajama shorts</td>
<td>March '08</td>
</tr>
<tr>
<td>Attend Kids College Cooking Camp at Beaufort Community College</td>
<td>June '09</td>
</tr>
<tr>
<td>Participate in volleyball camp at Northside High School</td>
<td>June '09</td>
</tr>
<tr>
<td>Participate in the Dinner Dance Theatre with Dance Works</td>
<td>March '09</td>
</tr>
<tr>
<td>Present a photography technique to the club</td>
<td>February '09</td>
</tr>
</tbody>
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Reminder: You may add additional pages and you may add to the plan during the year as you think of other things you want to do. Attach a copy of this 4-H Project Plan and your Story to each Project Record.

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Section 2: My 4-H Healthy Living
Project Record
(9 thru 10 Year Olds)

My Name: ______________________________ My 4-H Club Name: ____________________________

A separate Project Record should be completed for each project you did this year. List the specific things you learned and did in this project during the past year. List new knowledge you gained. Be sure to include the things you learned how to do. Use numbers to show how much you did, how many items you made, how much money you earned or saved, etc.

Note: This page should be completed for each project you have done this year. If a project record is included in your project book, complete the record and attach it to this sheet.

1. Things I Learned and Did in This Project

- How to rotate during a volleyball match
- How to serve, set and pass a volleyball
- Went to volleyball camp at Northside High School
- Learned about double dribbling
- Was high scorer for my team at basketball game
- Learned techniques of pitching a softball
- Pitched my first softball game
- Participated in Dance Dinner Theatre
- Participated in Dance Recital
- Participated in cooking college
- Planned, shopped and prepared a meal for my family
- Learned to follow a recipe

Date(s) When I Learned/Did: October

2. What was your favorite part of this project?

I enjoyed every bit of the cooking class I took. I love cooking for my family. Of course, eating what you cook is the best part. It is fun and exciting to cook things from scratch and follow a recipe. I learned that I should always have a recipe when cooking. I should also read the recipe very carefully. I must read the recipe first before I even begin and then gather my supplies to make sure I have what is required for the recipe. Reading the recipe is so important especially when measuring ingredients.

Out of all the sports I participated in, softball was my favorite. I really enjoyed being with some any of my friends as I participated in the different sports. I learned many different strategies of playing sports and dance as I practiced and became more involved. Making changes in my life style decisions has been good. By learning about preparing healthy foods and a focus on exercise and sports, I have improved my quality of life.

(You may add additional pages. Please turn the page to record more 4-H successes in this project)

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3. Which goals from your planning sheet did you accomplish this year? List only those goals that relate to this project.

- Prepare dinner for my family.
- Participated in cooking class at Community College.
- Participated in volleyball with the recreation department.
- Participated in basketball with the recreation department.
- Participated in softball with the recreation department.
- Continue with dance classes at Dance Works.
- Participate in the Dance Dinner Theatre with Dance Works.
- Attend volleyball camp at Northside High School.

4. Did you "show or tell" any other people what you did in your project this year? If so, how? (family, "show and tell" at school, church, community, neighbors, friends, etc.)

Each day during the cooking class that I participated in, we had the opportunity to taste and enjoy each other's creations. Once the week long class was over, I prepared a meal for my family. I made pizza with homemade crust and specialized toppings. I created a tossed salad to accompany the pizza. Everyone was very complimentary about my newly found cooking skills. I often assist my mom or dad in the kitchen with preparing meals and with the dreaded clean up.

I was able to show and tell about my sports activities each time I had a game or a recital. I invited my family and my grandparents to the dinner theatre and recital to show off my dance routines. I have friends from church, who came to watch my basketball and softball games. It really made me feel special that so many family and friends were around to cheer for my teammates and I.

5. Did other people help you with your project? If yes, how did they help?

I had so many people make contributions to my healthy lifestyle activities. Mostly my coaches and dance instructor, Mrs. LeAnne. My dad is my coach for softball, basketball and volleyball. It is good and bad to have your dad as your coach. He helps me practice at home when I need to work on things, like hitting in softball and my dribbling in basketball. He also has very high expectations for me, which can sometimes be tough to achieve. As far as my cooking, my mom helped me a lot. She got me signed up for the cooking class at the community college. In the class, our instructor, Mrs. Linda, was great. She taught us so much about measurements and recipes. These (measurements) are so important when cooking. We learned that too much salt ruins a recipe. My family and friends were great helps by tasting so many of the new recipes that I attempted.
Family Dinner Menu

Homemade pizza
Toasted Salad
Milk/Water
Butterscotch cookies, chocolate chip cookies and lemon squares

SHOPPING LIST
sauce
mozzarella cheese, grated
Canadian bacon
Cucumber
Pepperoni
Croutons
Onion
Lettuce
Tomato
Thousand Island dressing

Pizza
By Madison Tankard

Pleasing pepperoni
Interesting taste
Zipping to the Pizza Inn
Zapping on tons of toppings
Awesome crust
Dance

[Image of people dancing]
Section 4: My 4-H Story
(9 thru 10 Year Olds)

My name is Madison Tankard. There are four people in my family, my mom, my dad, and my older brother. I also have plenty of animals. I have a chocolate lab, Chloe, and a black and white cat named Mittens. I enjoy swimming and kayaking on Back Creek with my family. I enjoy participating in 4-H activities. As a family, we like to travel to fun places together. We have been to Ocracoke, Busch Gardens, Walt Disney World and our nation's capital, Washington, DC. I wish my family could go on a cruise. It would be exciting to be on an enormous cruise ship and visit new places. My family is important to me and we love one another.

I have attempted to create a healthy lifestyle for myself by participating in a variety of sports this year. In volleyball, I learned to serve the ball. When you serve, you hold the ball in one hand and hit it with the other. It must go over the net. I struggled with this early in the season. I also learned to set and pass the ball to a team member. When you set the ball, you form a triangle with your hands and use your fingertips to push the ball up. A pass is when you make an "x" with your hand not your thumbs. You will seal your thumbs together. This league of volleyball is fun and easy, but middle school ball will be more difficult.

Softball is another sport that I participated in. Softball is a great team sport. When playing you need at least ten players, four outfielders, four infielders, a pitcher and a catcher. If you play any infield position, be ready for a grounder. Your mitt should be at a slant with the tip on the ground and your hand over the glove ready to take up the ball and throw for an out. If you are an outfielder, be ready for a pop fly. Remember to keep your glove at an angle from your eyes with your hand at the side. I had the opportunity to play many different positions this year. I found out that pitching is very stressful. I enjoyed my softball team. We worked together as a team to be the best we could be. Our team, Tri-County Telecom, was the season champions in Bath.

During the winter, I participated in basketball. In basketball you want your team to score. This is called baskets. Each basket is worth two points. After someone shoots, it is important to run in and try to get the rebound. A rebound is a play where you try to get the ball for your team. When you have the ball, dribble out of the box and try to take a shot with two hands. Using two hands to shoot gives you more control. The box is the square area under the goal. In our league you can only be there for five seconds. I was proud when I scored ten points in one of my games. It is important to be in good physical shape to play basketball. You do a lot of running during a game. Basketball is an exciting, fast moving sport. It creates great memories for boys and girls.

I have taken dance since I was three years old. I now participate in three forms of dance during my dance classes each week. These are ballet, tap and jazz. In ballet, the music is soft and calming. Your toes are usually pointed during ballet
routines. In jazz, the music is much faster than with ballet. Jazz is a great speed for me. I usually enjoy the jazz songs and routines. Tap is another form of dance class I participate in. It is different because of the type of shoes you wear. They look like regular shoes with metal pieces attached to the bottoms. My favorite tap move is the shuffle. Dance is a fun activity for me. I enjoy my dance instructor, Mrs. LeAnne. She has taught me many routines and important dance positions.

In order for me to achieve a healthy lifestyle, I certainly needed to learn about nutritious foods and how to prepare them. I really like to help my parents in the kitchen with snacks and goodies, so I decided I wanted to prepare a healthy meal for my family on my own. My goal was to plan the menu, shop for the ingredients, prepare, serve and clean it all up when the meal was complete. I did it! In June, I participated in a Kids College Cooking Camp. It was great fun! I attended with several of my friends. We really learned so many new skills while we had fun together. I learned to make a pizza crust during the camp. I decided to prepare a homemade pizza dinner for my family. I made a crust and chose the toppings that they enjoy: pepperoni, Canadian bacon, peppers and mushrooms. I prepared a tossed salad to accompany the pizza. I received many compliments on my meal. My mom really liked the fact that I cleaned it all up.

During this past year, I participated in a photography group with my 4-H club. We met at Mrs. Carol’s house on Sunday evenings. We used a photography workbook to help guide us in what we learned. We spent lots of time sharing our photos and discussing them. I made a presentation to my entire club about the use of shadows in photography. I created a display board using photographs I took using shadows. Members had to guess what the shadow was and then they could lift the flap to check their guess. I received my digital camera at Christmas. I have enjoyed taking photographs. I learned to download my pictures on to the computer and to purchase prints from Shutterfly. My photography group took livestock photos during the past showmanship clinic. Several members purchased photos to use in their own project books. I was even able to get a few candid shots of members with their animals.

As a community service this year, I assisted in trash clean up after softball and baseball games on our community fields. I helped to clean the fields after games, so that they could be left the same way they were found. It was rewarding to see the clean fields after all the trash was picked up.