



## Health & Fitness 6<sup>th</sup> grade lessons

Claiborne County 4-H  
October Lesson

- The handout that everyone has received is a guide to get you to the 4-H information that you may need this year.

- Due to budget cuts, we are no longer able to print 1,800 copies of the 4-H yearbook.

- The 4-H yearbook is on our county 4-H website:

<http://utextension.tennessee.edu/claiborne/>

- The yearbook has all contest rules as well as all of the things that we do out of school. Check it out!



**OBJECTIVE:** To help students learn the importance of making good choices in diet and physical activity to their future.

Pass out the handout with the county, regional and state web-sites. Explain that we are not going to be printing the 4-H Yearbooks due to budget cuts. Stress that the 4-H yearbook and all contest rules can be found on the county Extension website.

Point out that for anyone who has a Facebook page, our county 4-H program also has one. Becoming a fan of "Claiborne County 4-H" on Facebook will allow them to receive any announcements or special notices. It also has some great pictures of our 4-H members at events.

Next, we are going to elect club officers.

Please be serious in electing your officers. If your officers do not do their jobs' then your leaders And Agents will not be back.

4-H is a privilege, not a right!



- Work for the people,  
• not the Party!



Tell the club that we will now elect officers. Stress that they must be serious in nominating and electing officers. If the officers do not do their jobs, they will be replaced. No questions asked, no excuses accepted.

Stress that 4-H is a privilege, not a right. Their 4-H privileges can be lost.

## Officer Elections

- We will elect someone to the following positions:

- President
- Vice President
- Secretary
- Reporter (optional)
- Community Service (two people)

- As we have stated, **BE SERIOUS!** If you are not you will lose your 4-H privileges.



Introduce the officer positions that we elect people to fill. Again, stress that everyone must take this serious.

## Officer Elections

- We will take 2 or 3 nominations for each office. You must be nominated by someone else. You may not nominate yourself.
- The nominees will tell the class, briefly, why you should vote for them.
- The nominees will step outside and the voting will be done according your Leaders' or Agent's instructions.
- UNDERSTAND THIS: Anyone elected to an officer position
- **MUST GIVE A SPEECH IN NOVEMBER!!**



Go over the process we will use for electing officers. In 6th grade the kids need to have someone else nominate them. They cannot nominate themselves.

Stress that officers elected must give a speech in the November contest. NO EXCEPTIONS!

## President

- ❖ The President will preside over the meetings, ensure that the other officers are prepared to do their jobs and remind the club about upcoming meetings and service projects. The President is to keep order during the opening of the meeting and assist the leaders or Agent to keep order during the entire meeting.
- ❖ Nominate and elect your president at this time.



## Vice President

- ❖ The Vice President is appoint two people per meeting to lead the American Pledge and the 4-H pledge. The VP must prepare a Thought For The Day and select a club member to read it during the opening ceremony. The VP should encourage at least one member per meeting to give a serious demonstration. The VP should have list of all members participating the monthly contest(s) to give the leaders or agent. The VP also presides over the meeting in the absence of the President.
- ❖ Nominate and elect your Vice President at this time.



## Secretary

- ❖ The Secretary is expected to record what happens at each meeting in the Secretary's Handbook. This means that the Secretary will record who competes in contests, who does demonstrations, what the lesson and/or community service project is, etc. The Secretary will also call roll. The Secretary must be able to write well and quickly and keep up with the Secretary's Handbook.
- ❖ Nominate and elect your Secretary at this time.



## Reporter

- ❖ The Reporter will write a news article about what happens in the monthly meeting similar to the Secretary's minutes. The difference is that the Reporter's article will use proper English and grammar. The reporter will then get that article to the teacher in charge of the school newspaper. Also, the Reporter is encouraged to send the article to the Claiborne Progress, Daily News, etc.
- ❖ Nominate and elect your Reporter at this time.



## Community Service Chairpersons

- ❖ The Community Service Chairpersons (CSC) will be responsible for coming up ideas for community service projects for the club to consider and vote on. Once a service project is selected, the CSC make arrangements with the classroom teacher to get thing accomplished such as getting a box to collect canned food. The CSC will also remind the club weekly about any ongoing service projects. The CSC will have a written report at the next 4-H meeting to present to the club of what has been done with the latest service project and then give the report to leaders or Agent.
- ❖ Nominate and elect your 2 Community Service Chairpersons at this time.



For the above five slides, explain the requirements of the officer position, take nominations, have the nominees speak briefly about why they should be elected and then vote.

Remember that the Reporter position is optional. If the school does not have a school newspaper, you do not have to elect someone to this position.

## Health & Fitness Overview



What do you want to be when you grow up?

Designer  
Lawyer  
Doctor  
Farmer  
Engineer  
Pro-athlete




This is a short lesson just to introduce the lessons and let the kids get the concept of why they need to care about fitness and health.

Ask the class what they plan to do when they are adults. You will have many different answers. Some possible answers show up on the screen.

Point out that whatever they have planned for their future, their health and fitness is going to play a large part in that plan. Each day if they watch the news there is a report related to our nations physical health.

## Health & Fitness Overview



This year each of our lessons will be related to health and fitness. We will cover the following topics:

- MyPyramid/MyPlate
- Avoid Portion Distortion
- Move More
- Think Your Drink
- Where's the Fat

Each month you will also receive a parent newsletter that relates to the months lesson. Please take this home and share it with your parent or guardian.



This year as we explore ways that we can stay healthy and be fit so that we can play sports and enjoy life we will learn how we can make better decisions in our food selections and in how active we are.

As you tell them about the newsletters they will receive each month to take home to their parents/guardians. Give them the October "Fit for Life" newsletter.

## November Contests: Public Speaking



THERE ARE FOUR BASIC STEPS TO A GOOD SPEECH

I. PLAN:

- ❖ DECIDE ON YOUR PURPOSE (Do you want to get action, inform, or entertain?)
- ❖ SELECT A TOPIC THAT WILL INTEREST YOUR AUDIENCE. Deciding on a topic is often the hardest part of giving a speech. The subject should be suitable to both the speaker and the audience. It is strongly recommended that 4th - 5th grade topics be related to 4-H, but is not required. Other topics are Environment, Future Goals, A Book You Have Read, Animals, Sports, Famous People, Family Friends, Nature and many others.
- ❖ GATHER INFORMATION ON YOUR TOPIC.



Here are the rules to the public speaking contest. It's to get 6th grade members to give speeches but mention that whoever goes to the county contest gets to miss part of a day of school.

Also remind them that their speeches should relate to 4-H. They do not have to give a speech on the four H's, but relate their speech to a 4-H project area.

**ALL OFFICERS MUST GIVE A SPEECH!**

No exceptions.

## November Contests: Public Speaking

II. ORGANIZE: HAVE AN INTRODUCTION, BODY, AND CONCLUSION

- ❖ Introduction: This is your chance to get the audiences attention. You will be stimulating their appetite by your first few words. Some ways to start are using a famous quote, words or verses of a poem, a humorous story, or the definition of your title.
- ❖ Body: This is the main part of your talk. This is the part where you bring out what you want your audience to know. You will hopefully not have more than five or six points. Avoid statistics and wordy information.
- ❖ Conclusion: This is the ending or summarizing part of your talk. Some ways to end a speech are: a brief summary of the main points of your speech. Closing with a high note like a poem, quotation, or surprise statement. Concluding with a statement of your views.

III. PRACTICE

- ❖ Practice until you know your speech and feel comfortable giving it to others.

IV. DELIVER:

- ❖ Relax and be confident. Stand straight, but not stiff. Keep your hands to your sides. **DO NOT READ YOUR SPEECH!** Speak loud and clear so that everyone can hear you. Do not give your name at the beginning or end of your speech. Do not use visuals.



More about speeches. Keep explaining!

## November Contests: Public Speaking



Recommended lengths for speeches are:

Grade	Minutes
5-6	2-4

- We will have a County Public speaking Contest in December. County winners in 4<sup>th</sup> - 8<sup>th</sup> grade will compete in the Multi County Public Speaking Contest that will be conducted in March. Work hard on your speech and remember to Plan, Organize, Practice, and Deliver!



More about speeches. Keep explaining

## November Contests: 4-H Posters

Display your artwork around the month by entering the 4-H Art Poster or your 4-H message in November. The top club poster will be taken to county contest.

**DO:**

- Be NEAT
- Use cut out letters, glued on neatly. (Remember you should be able to read your poster from across the room.)
- If the 4-H Emblem is used on the poster, do not place text or other images over or on top of it. The 4-H Emblem should not appear reversed under words or graphics. No photos, drawings, symbols, word or other figures or objects may be placed on or over the 4-H Emblem.
- Use short headings.
- Use color.
- Make your message clear and to the point.
- Include your name, address, hometown, at least, grade, and county on the back of your poster.

1. Simple Message  
2. Large Letters  
3. Easy to read  
4. Easy to understand

Can you understand the message driving by at 55 miles an hour?

**Extension**

**DON'T:**

- Use loose glitter.
- Use photos or small negative pictures that are too hard to see.
- Crack your artwork and lettering.
- Make your letters too large or too small.

**RULES**

- Must be about 4 1/2"
- 14 x 22 inches in size
- Posters must be undecorated
- No wall hangers or loose figures.
- All objects can't stick out more than 1/8 inch (if objects attached)

This is the explanation of the poster contest taken straight from the 4-H yearbook.

Be sure to mention that their posters must be about 4-H. Stress that poster size is a half sheet of poster board and that their posters must be horizontal. Also mention that the first place winner's poster advances on to the county poster contest.

EXPLAIN IT WELL!