

Ohio 4-H Foundation Grant Impact Report

Title of Grant: Fitness is Fun Cloverbud Kit

Applicant Name & Title: Janine Yeske, Extension Educator, 4-H Youth Development; Bruce Zimmer, Extension Educator, 4-H Youth Development; Scott Scheer, Cloverbud State Specialist

Unit Reporting: Cloverbud Priority Area

Amount Funded: \$10,800

Amount Used: \$10,790.64

Grant Funds Remaining: \$9.36

Calendar Year of Grant: 2008

Type of Grant (please mark all that apply):

State Grant	Priority Area Grant X
Cashman Grant	Lewis/Barnhart/Jenkins Grant
Cleveland Grant	Ebling Urban Extension Grant
Helt Family Grant	Nationwide Volunteer Development Grant
Sauder Grant	Wadlington Grant
Ulrich Grant	

Please use as much space as needed to answer the following requests for information. Please give an overview of your project. Assume the reader knows nothing about the program.

Please list the objectives of the project and evaluate the measurable objectives achieved. Explain how you measured those objectives.

The objectives of the kit were:

1. Provide volunteers a timely and easy-to-use teaching resource for 4-H Cloverbud club meetings.
2. Expand the utilization of the Ohio 4-H Cloverbud Curriculum.
3. Spark the interest of volunteers to create more 4-H Cloverbud activity kits for their county.

All 88 Ohio counties plus six other sites received the "Fitness is Fun" Cloverbud kit at the 2008 4-H In-service and it was also posted on-line. The website has experienced almost 500 hits. Preliminary results are based on evaluations reported representing 26 children as reported by 3 Ohio counties. All counties reported that the Fitness is Fun kit was beneficial for conducting 4-H Cloverbud activities.

On a scale of 0 (none of the children) to 4 (all of the children), percentages are given for value 4 only (first three items are life skills, remaining four items are contextual elements): gained subject matter knowledge 76.9%; improved in getting along with others 100%; increased decision-making skills 57.7%; experienced positive relationships with caring adults 100%; experienced opportunities for

mastery/competence 76.9%; experienced emotionally and physically safe environment 80.8%; experienced opportunities for engagement of learning 100%.

Qualitative results indicated information about what worked with the kits: "Clear lesson plans that were easy to follow and the necessary equipment for learning was provided," "There was so much information included in the kit our Cloverbuds loved it," and "They enjoyed the skillastic dice, and I enjoyed having a new hands on activity." No suggestions were made to improve the Fitness is Fun activity kit.

Describe the population(s) or target audience(s) served. List how many individuals benefited or were impacted by this program.

See above.

Which of the 8 critical elements were realized in the program and how was this accomplished? The "Fitness is Fun" Cloverbud kit allowed advisors to provide an emotionally and physically safe environment by providing activities that were developmentally appropriate and utilized safe procedures and equipment. An example of this was the use of the bean bags and bean bag CDs that were included in the kit. The activities were simple enough that all children would be able to participate and they were also fun and educational. The kit also provided opportunities for mastery/competence by encouraging members to learn new skills and to take on new challenges. This was seen in the use of the Halfpint Skillastics game. Participants had the opportunity to learn new exercises and also to demonstrate and teach them to others. The kit also provided hands-on learning opportunities for advisors to use during club meetings. All of the items in the kit were hands-on even the book, which talked about various ways to be more physically fit and allowed the listeners to mimic some of the activities and talk about the things they do to say fit.

Provide a detailed budget and actual expenditures. Original receipts or copies are not necessary, but be sure that your expenditures are detailed with specific dollar amounts.

<u>Get Up and Go</u> books	Barnes & Noble	\$479.00
Sheet protectors for notebooks	Sam's Club	\$264.59
Bean Bag Activity CDs	Kimbo Educational	\$1555.00
Bean Bags	Oriental Trading	\$ 695.00
Storage bags for kits	Riesbeck's	\$ 110.37
Storage bags for kits	Walmart	\$ 39.62
Paper for notebooks	Quill	\$ 71.00
Halfpint Skillastics Fitness game	Sandy Spin Slade Inc.	<u>\$7576.06</u>
TOTAL		\$10790.64

If this is a continuing program, please describe future plans/program objectives.

The State 4-H Cloverbud team has produced four kits through Foundation grants and one additional kit was put on-line. At this time, the team has no plans to provide any more kits in the future, however material replacement information is provided on the 4-H web site to aid in keeping the kits an active, ongoing 4-H product.

Janine Yeske
Grant Recipient Signature

1-08-09
Date