

# **4-H After-School Program**

## **Fridley Terrace**

### **2006-2007**

#### Program Description:

The theme for the after-school program will be Wellness, promoting sound body and sound mind achieved through physical exercise, body awareness, health and nutrition knowledge, as well as a focus on social skills. The program will revolve around the martial art of Tae Kwon Do, with an emphasis on 9 core skills or concepts that will help promote positive development. Tae Kwon Do is a highly structured and disciplined activity, and the kids will develop strong listening skills, will be better able to follow directions, and will gain a sense of respect for themselves, authority figures, and their peers. Tae Kwon Do is known for building self-esteem and self-confidence in our youth, as well as plays a part in improving academics and performance at school.

#### The 9 Core Skills/Concepts:

- Focus
- Memory
- Balance
- Fitness/Health
- Control
- Coordination
- Respect
- Teamwork
- Discipline

Through the teaching of Tae Kwon Do, these 9 skills will be examined and applied to the daily life of youth. In addition to the physical activity aspect, we will offer other activities related to each concept. For example, for Fitness/Health we may have a 4-H nutritional activity, or a game that allows the kids to learn about diseases and what good health means.

#### Who Is the Program For?

This program will be offered to middle school-aged kids, in grades 5 to 8, only.

#### Program Outline:

Each month we will focus on one or two of the core skills or concepts, learning and doing something different each week, for one hour each session. The kids will engage in physical activity for the majority of our time together, and for the rest of the time engage in a game or activity, depending on the week. Stretching, cool downs, and group discussions will also be emphasized.

### How Does This Program Benefit the Kids?

It is our intention that through this program, each child will develop higher self-confidence and self-esteem, an awareness of who they are and what they can do, a sense of self-responsibility and self-discipline, and a healthy respect for themselves and others. By incorporating the beliefs and values of 4-H, we hope to develop strong life skills in each of these kids, such as being able to work together, manage their feelings and stress, personal safety, healthy lifestyle choices, the ability to problem solve and make decisions, set goals, communicate well, and generally develop a concern for others.

### Our Goals:

Our goal is not only to achieve everything described above, but to also influence each child's academic progress positively. We will need to connect with the proper school administration and begin tracking the educational progress of each child involved in our program. It is our belief that a child who consistently engages in an after-school program such as this one will be able to focus better academically, and will generally have a better sense of self to be able to interact with others positively.