Name/Title: Fitness Four Square

Purpose of Event: The purpose of this activity is to use the common game of Four Square to incorporate fitness into the activity while providing a variety of exercises for the students.

Prerequisites: Rules of Four Square, a number of strength and flexibility exercises.

Suggested Grade Level: 6-8

Materials Needed: Four square balls, enough four square courts for 4-5 at a court, one six sided dice per court, dry erase board, mats, or paper at each court.

Description of Idea

Have students suggest 6 fitness exercises. Write them on the dry erase board or have students write them on the paper at their court. Review Four Square rules.

Before each serve is allowed for the game, the champion square rolls the die. The students in the square must perform the exercise that corresponds with the die and list of exercises. Once this is completed, the server may serve. Once someone is declared "out" that student rotates to the next square. The student in line enters the court and the die is rolled again.

Variations:

Have students at each square create their own list of exercises

Teach 1-2 new exercises that are added to the list students can choose from.

Use dice that have more than 6 sides. You can get these from any gaming store. Students would then list the same number of exercises that the die has.

Assessment Ideas:

For each activity students list, have them indicate whether it is a strength or flexibility exercise, and what body parts are used for each exercise.

Use one square to test and provide feedback to students on proper technique of exercises you introduced or covered at the beginning of class.

Teaching Suggestions:

List all of the exercises students can choose from.

Have charts with pictures of each exercise posted so students are reminded of proper technique.

Adaptations for Students with Disabilities:

Have 1-2 squares that must list activities all students are able to do. DD students rotate between these two squares.

Submitted by **Sarah Hanson** who teaches at Oregon Trail Junior High in Olathe, KS. Thanks for contributing to PE Central! **Posted on PEC: 12/29/2001**.

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