

## **Fitness Four Square**

**Standards:** 2, 4, 7

**Grade Level:** All Levels with modifications

*This lesson incorporates volleying skills and the components of health-related fitness into a fun traditional playground game with a twist. Students should have a basic understanding of how to play traditional four square and have volleyball skills of serving, forearm pass or set.*

If students are not familiar with traditional four square, explain basic rules of the court (ex: how it is set up).

Explain to students that each four square court contains a die and a cone with an exercise list. Demonstrate each exercise from the lists if students are not familiar with any.

**Directions:** Divide students into groups of four. (If they are five at one court, the fifth student will be the roller and will rotate in the game after an exercise is performed.)

The student in square one will be the server and will toss the beach ball to anyone in the court (squares 2-4). Some students may be able to serve at this point. The server will say to their team "Ready" and the team responds "Serve".

The object of this game is to keep the ball continuously passed without it touching the ground using the forearm pass or set. Explain that the ball cannot be hit twice by the same person and students have to remain in their square to pass the ball.

Once it touches the ground, the student in square four will roll the die. The number the die lands on is corresponded with an exercise which is listed on the cone at each court. (Each court has different exercises or ordered differently for variation)

Students find the exercise that corresponds with the number their die lands on and all team members must do the exercise.

After exercising, students rotate squares so the student in square four rotates to square one and becomes the new server and so on. If a fifth student is playing, they rotate to square one and the student that was in square four is now the new die roller for the team.