

PE Activity: Four Square Tournament

Supplies Needed for a Class of 25:

- 4 Four Square Courts
- 4 Balls

Length of Time to Complete:

- 3 minutes to introduce activity
- 10 minutes to teach the rules
- 10 minutes to play the game

Audience (grades): 2nd and 3rd

Lesson:

Raise your hand if you can list all five food groups.
(*Vegetables, fruits, grains, protein and dairy*)

All five of these food groups can be found on the new food guide, MyPlate. Eating foods from all five food groups helps our bodies get the nutrients we need to stay healthy and grow strong.

MyPlate is divided into four sections. Each section represents a different food group. The vegetable and the grain sections are the largest and should make up over half of our diet, followed by the fruit and protein group. The dairy group is the smallest. The food groups are different sizes because each group provides different nutrients needed to grow a strong body.

- Vegetables provide our bodies with vitamins, minerals, and fiber.
- Grains provide our bodies with energy.
- Fruit provides our bodies with vitamins, minerals, and fiber.
- Protein helps build strong muscles.
- Dairy helps build strong bones and teeth.

Today, we are going to play four square. However, instead of having king, queen, prince, and princess, we are going to have food titles.

Set-Up:

- Divide the class into four equal teams: vegetable group is king, grain group is queen, fruit group is prince, protein group is princess and dairy group is next on deck.
- Send each team will go to their assigned four square court.

Rules:

- As a class, establish rules such as are double taps allowed and is "black jack"/ catching the ball on a fly acknowledged?
- Each player stands in one of the four squares.
- To start the game, the player in square four serves the ball by bouncing it in their square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player in one of the other squares.
- The ball must bounce in another player's square, and they must hit it to another player before it bounces a second time.
- A player may hit the ball before it bounces, if they choose to do so.
- If a player hits the ball and it misses another player's square, or fails to hit the ball before the second bounce after it has landed in their square, they are "out".
- When a player is out, the other players move up to take their place, and that player moves to the last square, or to the end of the line, if there are more than four players.
- The object of the game is to move up to and hold the server's position.

Variations:

- Students call out a food item from their food group as they hit the ball -- repeats allowed since they only have a second or two.
- Instead of hitting the ball back, students catch the ball and then call out a food item from their food group--no repeats! They have three seconds to come up with a food item or they are out.
- Instead of hitting the ball back, students catch the ball and call out why their food group is good for them or what it does to keep their bodies healthy and happy. For example, grains give them energy. (This one may be too difficult for 2nd graders)

Tips:

You may also want to break this lesson into two sessions, teaching the rules on day 1 and playing on day 2.