



January PE Activity: Four Square Tournament

Nutrition Lesson(s) Supported:

- MyPlate Portions

Supplies Needed:

- 4 Four Square Courts
- 4 Balls

Length of Time to Complete:

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

Audience (grades): 2nd grade

Common Core Standards:

- English Language Arts: Speaking and Listening: 2.1
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Ask for clarification and further explanation as needed about the topics and texts under discussion.
- English Language Arts: Speaking and Listening: 2.3
 - Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

Lesson:

Raise your hand if you can list all 5 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 (they 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 (set up 4 four square courts). However, instead of having king, queen, prince, and princess, we are going to have food titles. The vegetable group is king, the grain group is queen, the fruit group is prince, the protein group is princess, and finally, the dairy group is next on deck.

As a class, establish four square rules (as they can vary from school to school).

- Are double taps allowed?
- Is 'black jack' acknowledged (catching the ball on a fly).

Divide the class into four equal teams and assign each team to a four square court.

Four Squares - How To Play

- 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 so that 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:

- Kids 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, Kids catch the ball and then call out a food item from their food group--No repeats! They have 3 seconds to come up with a food item or they are out
- Instead of hitting the ball back, Kids 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 2d graders)