

PE Activity: Four Square Switch

Supplies Needed for a Class of 24:

- 6 extra large rubber balls
- 6 medium rubber balls
- 6 very small rubber balls
- 6 four-square courts
- whistle

Length of Time to Complete:

- 5 minutes to introduce activity
- 15 minutes to play the game

Audience (grades): 5th

Lesson:

Raise your hand if you can tell me the difference between a serving size and a portion of food.

(A serving size is a set amount of food, like ½ cup. A portion of food is the amount of food you eat during a meal.)

Serving sizes are pretty much the same wherever we go. But the portions of food we get at home or in restaurants might be bigger than the portion we should eat.

Over time, we have seen portions of foods like soda or bagels become larger. However, our bodies don't need more energy than they would have needed 20 years ago. Raise your hand if you can tell me what happens when we eat more food than we need.

(We gain too much weight.)

What happens if we eat less food than we need?

(We don't have the energy needed to grow, play, etc)

Any food can be part of a healthy diet. We just need to keep in mind the right portion sizes. Who can name some ways of controlling portion sizes? *(Use MyPlate as a guide for how much of each food group to eat. Read nutrition labels to see what a serving size is. Pour a portion onto a plate or into a bowl instead of eating out of a bag. Use a smaller plate. Wait 10 to 15 minutes after eating before taking second servings.)*

Today we are going to play a modified version of four-square. This game is called Four-Square Switch. We are going to get in groups of four, and each group will be assigned one four-square court. Each player should stand in only one box on the court.

We will play three 5-minute four-square games. The first game will be played with the largest rubber ball. The second game will be played with the medium sized rubber ball, and the third with the smallest rubber ball.

Each ball represents different portions of foods we may eat. At the end of all three games, as a group we will decide which one was the correct size ball to play with. Again, think of the different sized balls as different portions of food that we may eat.

When the whistle blows, the game will begin. The ball must be hit with the player's hand only, to another player on the court. A player is eliminated if an error is made.

Here is a list of errors:

1. Failing to hit the ball into another square
2. Hitting the ball out of turn
3. Hitting the ball incorrectly
4. Hitting the ball out of bounds (on the inside line)
5. Holding, catching or carrying the ball
6. Missing the ball from another player
7. Letting the ball drop twice on a player's own square

A player wins if they are the last one on the court. When the whistle blows again, the game will stop.

PE teacher note:

At the end of all three games, make sure to ask the class "Which ball was best to play four-square with?" Remind the students that portions of food may come in many sizes like the balls they played with. Eating the right amount of food each day will help them stay healthy and active all day long.