

Four Corners

STAY ACTIVE

To race through four corners while playing rock, paper, and scissors, complete exercises at each corner, and collect playing cards by passing cone 4.



Learning Intentions

I can develop physical fitness and coordination by performing exercises at different stations:

This encourages students to practice different exercises (e.g., jumping, push-ups, squats) while also moving quickly between stations.

I can improve my decision-making and strategic thinking by playing Rock, Paper, Scissors (R, P, S) and reacting to my opponent's moves:

This activity promotes critical thinking and decision-making in a fun, interactive way.

I can enhance my competitiveness and perseverance by challenging myself to complete exercises and move through the stations:

This helps students develop a growth mindset as they work to complete the course and pass through each cone as many times as possible.



Success Criteria

Completing Each Exercise Correctly:

Students can complete each exercise correctly at each cone station (tuck jumps, push-ups, star jumps, squats), practising the exercises properly and moving efficiently between stations.

Playing Rock, Paper, Scissors Strategically:

Students can play Rock, Paper, Scissors with an opponent, making strategic decisions based on the outcome of each round, reinforcing the importance of quick thinking, competitiveness, and having fun while playing games.

Racing Against the Clock:

Students can race against the clock to pass through the cones as many times as possible within the designated time limit, encouraging perseverance, motivation, and active participation.



Four Corners

STAY ACTIVE

Objective: To race through four corners while playing rock, paper, and scissors, complete exercises at each corner, and collect playing cards by passing cone 4.

Players: Ideal for small to medium-sized groups (6-20 students).

Materials:

- Cones or markers to designate each corner of the square (approximately 6-10 meters apart).
- A timer or stopwatch.
- Playing cards (optional for tracking progress or rewards).

Time Required: 10-15 minutes, depending on the number of players and rounds.

Setup:

1. Set up four cones or markers to create a square, with approximately 6-10 meters between each corner.
2. Assign each corner a specific exercise (see below).
3. Students start at corner one and are ready to play rock, paper, and scissors.

Gameplay:

1. **Introduce the Rules:** Explain to the students that they will start at corner 1. They will play rock, paper, and scissors (R, P, S) against an opponent. The winner will move to the next cone while the loser performs the designated exercise for that corner.
2. **Start the Game:** All players begin at corner 1. Players pair up and play a game of R, P, and S. The winner runs to corner two and raises their hand to signal they need a new opponent. The loser performs the designated exercise for corner 1 (5 tuck jumps) and then raises their hand to find a new opponent. Players do not move to the next corner until they have won a game of R, P, S.

3. Move Through the Corners:

- **Corner 1 (Start):** The player must complete five tuck jumps if they lose a round of R, P, and S. The winner moves to corner 2.
- **Corner 2:** The winner moves to corner 3 and does not need to complete a physical exercise. If the player loses a round of R, P, and S, they perform 5 push-ups and then raises their hand to find a new opponent.
- **Corner 3:** The winner moves to corner 4. If the player loses, they perform 5 star jumps and then raises hand to find a new opponent.
- **Corner 4:** The winner moves to corner 1. If the player loses, they complete 5 squats before heading back to corner 1.



Four Corners

STAY
ACTIVE

4. Collecting Playing Cards: Each time a player passes corner four and returns to corner 1, they can collect a playing card. The objective is to complete as many laps through the course as possible within the designated time limit.

5. Repeat the Process: Continue the game until the time is up. Players keep completing exercises, playing R, P, and S, and moving through the corners. Keep track of the number of laps each player completes by collecting playing cards.

6. Reflection Time: After the game, gather the students and ask them questions such as:

- "What was your favourite exercise at each corner?"
- "How did you feel when you won or lost a round of R, P, S?"
- "How did you stay motivated to keep moving through the corners?"

Winning the Game: The player with the most playing cards at the end of the game wins. You can also emphasize the importance of effort, teamwork, and perseverance rather than just focusing on winning.

Additional Notes: "4 Corners" is a fun and dynamic game that incorporates physical activity, strategy, and teamwork. It helps students improve their coordination, fitness, and decision-making skills while keeping them engaged in a competitive but supportive environment. This game can be easily adapted for different fitness levels or time constraints and is perfect for both indoor and outdoor play.

