



Four Corners



Equipment Needed:

- ✓ 4 cones or 1 piece of chalk

TIP: Don't have the items needed to play? Use 4 large containers or 4 shoes instead!

Get Ready!

Prepare 5 to 10 questions from various school subjects (math, social studies, science, etc.).

Define a large, square activity area using cones or chalk lines.

Divide into 3 groups, with each group in one of the four corners.

TIP: Use questions from homework assignments from that week or have a parent/guardian think of questions for you!

Instructions:

1. Have a parent/guardian ask one of the prepared questions. Each group should work together to determine an answer.
2. The parent/guardian will then call on a group. If the group answers the question correctly on the first try, they must run, hop, or shuffle to the open corner of the activity area and make up a "strength", "balance", or "aerobic" victory dance.
3. If the group answers the question incorrectly on the first try, they can attempt to answer the question several more times. Once they answer the question correctly, they must skip to the next corner and make up a "we muscled through it" dance.
4. Continue steps 1-3 until all the questions have been answered!

Not enough players for 3 groups?

Play as one large group, moving around each corner of the activity area after each question!

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. What moves were in your victory dance? How many of them were aerobic moves?

2. Is it challenging to work in a team? Why or why not?