

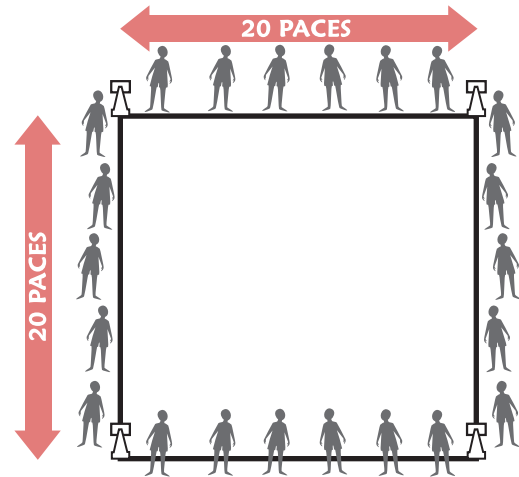


## Ready...

- 4 cones (for boundaries)
- 4 *Corners Task Cards* (SPARK Instructional Media CD)

## Set...

- Create a medium (20X20 paces) activity area.
- Place a *4 Corners Task Card* at each corner.



## GO!

1. The object of *4 Corners* is to warm up the large muscle groups, using a variety of locomotor skills.
2. As you enter the activity area, move clockwise around the perimeter.
3. When you reach the first corner, read the *Task Card* and do the #1 locomotor skill from that corner until you reach the next corner.
4. Continue to do the #1 skill at each corner until you return to your original corner. Next time around, do the #2 skill.
5. Each time you reach a new corner, start a new movement. If you finish all of them before the stop signal, begin again at #1.
6. (Continue for 3-5 minutes.)

### CHALLENGES

- \* How many corners can you visit before the stop signal?

### CUES

- \* Stay on Skill #1 for all 4 corners, then change to #2.
- \* Work on quality, not speed.

## 1 Animal Walks

(Create your own 4 Corners Task Cards that include animal walks. For example, Crab Walk, Bear Walk, Frog Jump, 3-Legged Dog, etc. Helps build strength in upper body.) See Fitness Circuit Skill Cards (Animal Tracks) for ideas.

## 2 Create Your Own

(Make your own 4 Corners Task Cards using a variety of skills your students enjoy. For example, rope jumping, dribbling, tossing and catching, etc.)

## 3 Kid Creation

(Have your students create their own version of the 4 Corners Task Cards.)



## FUN FACT

How would you like to be in 4 places at once? Well, if you are at the Four Corners of the United States, you can! Four Corners is where Arizona, New Mexico, Utah and Colorado come together in 1 location. You can put each of your hands and feet in 4 states at the same time!

### STANDARDS ADDRESSED

#### NASPE

#1, 2 Locomotor skills, spatial awareness

#3, 4 Cardiovascular endurance, upper-body strength

#4 Understanding warm-up concepts

#6 Accepting challenges

**Your State** (Write in here)

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### PAULA'S POINTERS

- Place corners farther apart as students become more fit.
- Can be done in limited space with a variety of skills at each corner.

### NOTES

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