

PLANKING 4-SQUARE

STUDENT TARGETS

- **Skill:** I will demonstrate and hold the correct plank position.
- **Cognitive:** I will identify major muscles used for holding plank position.
- **Fitness:** I will identify the components of health-related fitness involved in this activity.
- **Personal & Social Responsibility:** I will discuss the connection between fitness and mental health.

TEACHING CUES

PLANK

- Elbows Below Shoulders
- Arms Straight, Not Locked
- Feet Together, Toes Down
- Legs, Back, Head Aligned

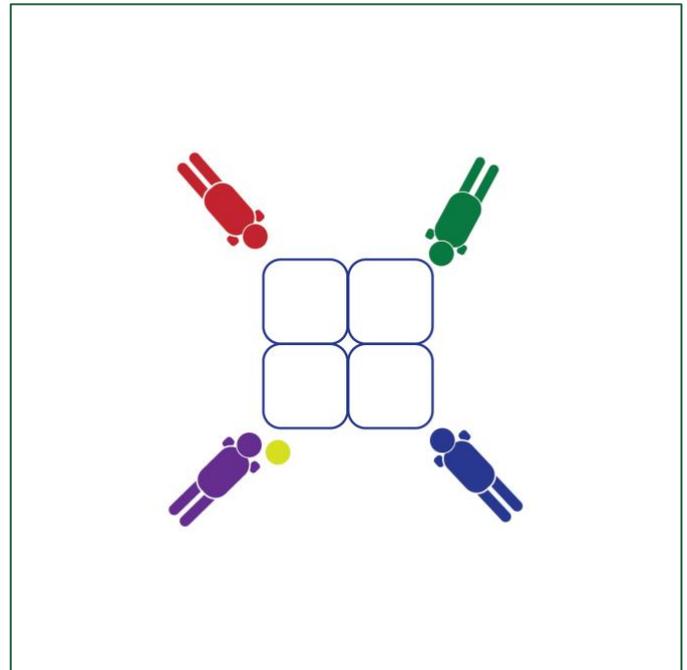
ACTIVITY SET-UP & PROCEDURE

Equipment:

- Floor tape (or hoops) to mark small 4-square courts—1 court per 4 or 8 students
- 1 playground ball or high-bounce foam ball per group of 4 students

Set-Up:

1. Create a 4-square court for each group of 4 or 8 students. Squares should be approximately the size of a large hula hoop. Hoops can be used if floor tape is not an option.
2. Create even groups of 4 or 8 students, each group at a court with 1 ball.



Activity Procedures:

1. It's time to build our muscular fitness with Planking 4-Square. The object of the game is to accumulate as few points as possible by making fair and accurate hits into other players' squares.
2. On the start signal, begin playing 4-square at your court, following traditional 4-square rules. However, do not rotate if you lose a point. Instead, add up the points you lose. Again, the goal is to have the fewest points when the game is done.
3. If you have 4 players at your court, then 1 player will be in plank position at each square to defend it. If there are 8 players at your court, then there are 2 players in plank position at each square.
4. Serves are meant to place the ball fairly into play. Therefore, serves must be hit in a way that can be returned by the receiver.
5. Remember, inside lines are OUT, and the hitter loses a point. Outside lines are IN and must be played.
6. Also, only a player who owns a square can hit a ball after it bounces in her/his square. Players who interfere with a ball in play are considered out and earn a point.

Grade Level Progression:

- 6th: Play the activity as described above.
7th–8th: Challenge students to create a version of 4-square that works to improve aerobic capacity.

PLANKING 4-SQUARE

UNIVERSAL
DESIGN
ADAPTATIONS

- Provide plank modifications and allow students to choose their level of participation.
 - Level 1: Standard plank with hands and toes as points of contact.
 - Level 2: Modified plank with hands and knees as points of contact (core firm, legs and back aligned)
 - Level 3: Table position with hands and knees as points of contact (knees at 90 degrees, upper leg perpendicular with the floor)

ACADEMIC
LANGUAGE

Health-Related Fitness, Mental Health, Muscular Endurance, Muscular Fitness, Muscular Strength, Plank

STANDARDS
& OUTCOMES
ADDRESSED

- **Standard 3 [M1.6, 8]** Describes how being physically active leads to a healthy body (6); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, CV endurance, body composition) and explains the connections between fitness and overall physical and mental health (8).
- **Standard 3 [M14.6]** Identifies major muscles used in selected physical activities (6).
- **Standard 5 [M1.6-8]** Describes how being physically active leads to a healthy body (6); Identifies different types of physical activities and describes how each exerts a positive impact on health (7); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, cardiovascular endurance, and body composition) and explains the connections between fitness and overall physical and mental health (8).

DEBRIEF
QUESTIONS

- **DOK 1:** What are the components of health-related fitness?
- **DOK 2:** Which of those components are the focus of Planking 4-Square?
- **DOK 3:** Can you predict the effect that good muscular fitness can have on a person's overall mental health? What examples can you provide to support your answer?

TEACHING
STRATEGY
FOCUS

Organize students to interact with content. Plank position is one of the most effective and complete muscular fitness exercises available for showing students the importance of muscular strength and endurance. By playing planking games, students will quickly recognize the potential for improvements in an activity environment that is fun and non-threatening. Provide exercise modifications for all students, allowing them to move fluidly from full plank to modified plank positions.