

4-CORNER BOOGIE

STUDENT TARGETS

- **Skill:** I will demonstrate leadership while acting as a Boogie Captain.
- **Cognitive:** I will discuss the connection between leadership and a physically active lifestyle.
- **Fitness:** I will identify different types of physical activities and discuss how each exerts a positive impact on health.
- **Personal & Social Responsibility:** I will identify and discuss the definition of leadership.

TEACHING CUES

- Keep Moving
- Keep Control
- Keep it Fun

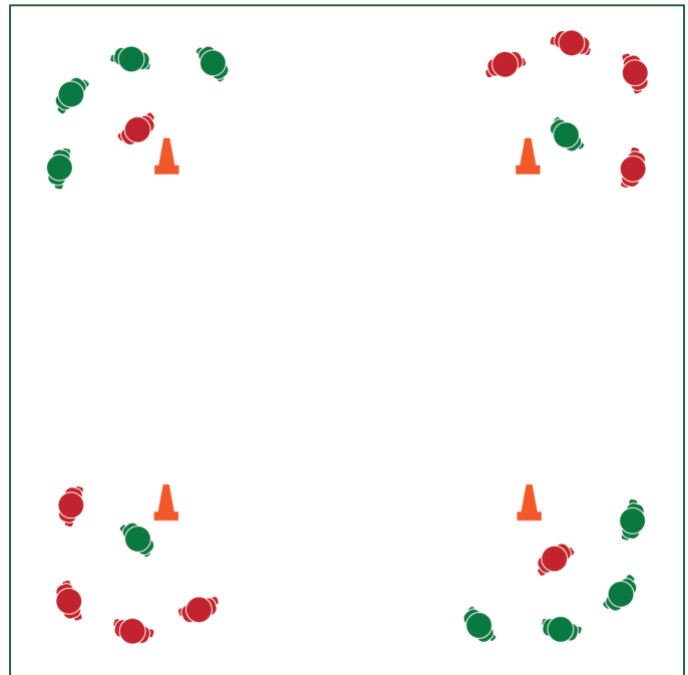
ACTIVITY SET-UP & PROCEDURE

Equipment:

- Music and music player
- Drum or whistle
- 4 cones

Set-Up:

1. Create 4 quadrants in the activity area, with a cone in the center of each quadrant.
2. Create 4 equal groups of students, 1 group per cone.
3. Designate 1 student per group to be the Boogie Captain.



Activity Procedures:

1. Today we'll work on improving our fitness with an activity called 4-Corner Boogie! The object is for you to follow the aerobic movements of each cone's Boogie Captain. When you hear the drum or whistle, everyone except the Boogie Captains will rotate clockwise.
2. Boogie Captains, you are responsible for creating a safe and high-energy movement (or sequence) with the goal of increasing everyone's heart rates while they are active at your cone.
3. Once groups rotate all the way around the area and make it back to their original cones, the Boogie Captain will select a new captain for the next round.
4. This activity can also be done with fitness-component-specific exercises. For example, the Boogie Captain can become the Muscular Fitness Captain, or the Yoga Captain, etc.

Grade Level Progression:

6th: Play the activity as described above.

7th–8th: Challenge students to create 1 fitness-related question for each Boogie Captain to ask groups as they rotate to each cone.

4 CORNER BOOGIE

UNIVERSAL DESIGN ADAPTATIONS

- Modify the boundaries to make the activity area smaller or larger to meet the needs of the students.
- Provide set instructions for each Boogie Captain to help facilitate activity and minimize decision-making.

ACADEMIC LANGUAGE

Healthy Body, Leadership, Physically Active Lifestyle

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 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 would you include on a list about leadership?
- **DOK 2:** How can you apply leadership in a physical activity or sport setting?
- **DOK 3:** How would you describe someone who is a leader in the area of physical activity and fitness in our community? In your family?
- **DOK 1:** Let’s create a list of all of the physical activities we enjoy.
- **DOK 2:** How does each activity on our list impact our physical and mental health?

TEACHING STRATEGY FOCUS

Help students practice skills, strategies, and processes. In 4-Corner Boogie, students are provided an opportunity to experience an activity leadership role that is short in duration, fun, and open-ended. As the “Boogie Captain,” students will be able to provide direction and encouragement to their peers in a physical activity setting.