



## FOUR SQUARE

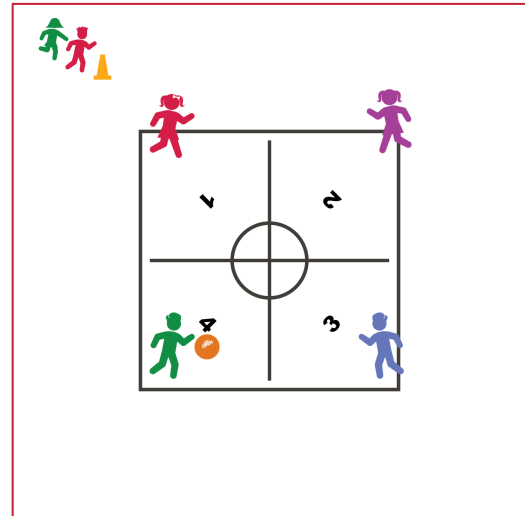
### ACTIVITY SET-UP & PROCEDURE

#### Equipment:

- Four square court
- 8¼" OPEN Poly PG Ball

#### Set-Up:

- ✓ 4–8 students per court. 4 students take their place in a square. The others line up at least 5 steps behind the 1-square.
- ✓ The ball begins in the 4-square.



#### How to Play:

1. Let's make Recess Matter with Four Square. The object is to eliminate players in higher squares so you can advance up to the 4-square. If you are eliminated, move to the end of the line behind the 1-square.
2. Begin play with a diagonal serve from 4-square to 2-square. Server drops the ball and serves off a bounce. Serves must bounce once in the receiving square, then the player in the 2-square must hit the ball into another square of their choice. Now the ball is in play. Server and receiver each get 1 fault in order to put the ball in play. On the 2nd fault, the player making the error is out.
3. When a ball bounces in a square, the owner of the square must hit it fairly into another square. If the player does not hit the ball before a 2nd bounce, or they hit it out of bounds, the player is out and returns to the line behind 1-square. The ball must be hit, not caught or carried into play.
4. Outside lines are in bounds; inside lines are out of bounds. If a ball hits an inside line, the player who hit the ball is eliminated.
5. Play continues until time runs out. The player in 4-square at that time is the winner.

#### Helpful Tip:

- ✓ Think About Safety! Create a safe zone around each court 5–8' wide. Be sure that this zone is free of clutter, other equipment, and other players.

#### Social and Emotional Learning Competencies (adapted from CASEL.org)

- ✓ Relationship Skills: Communication. Students resolve game conflicts using positive language.
- ✓ Self-Management: Impulse control. Students demonstrate the ability to control their emotions and actions as they win and lose points.

#### SEL Conversation Starters:

- ✓ **Level 1 Question:** What does positive conflict resolution look like? What does it sound like?
- ✓ **Level 2 Question:** How does the ability to resolve conflicts in a positive way affect how much fun you have?
- ✓ **Level 3 Question:** How is using positive language related to your ability to resolve a conflict?