



FOUR CORNER BOOGIE

STUDENT TARGETS

- **Skill:** I will demonstrate leadership while acting as a boogie captain.
- **Fitness:** I will stay actively engaged throughout the activity in order to increase my heart rate.
- **Responsible Behaviors:** I will identify and discuss why leadership is important.

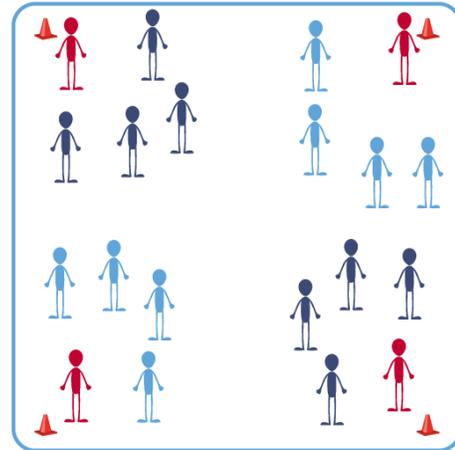
EQUIPMENT & SET-UP

Equipment:

- Music and music player
- 4 cones

Set-Up:

1. Create 4 quadrants in the activity area with the 4 cones.
2. Create 4 equal groups of students, with one group starting at each cone.
3. Allow 1 student from each group to volunteer to serve as the movement leader.



ACTIVITY PROCEDURES

1. Today we're going to focus on demonstrating leadership during an activity called Four Corner Boogie. Sometimes you get to be the leader during physical education class, and sometimes your classmates get to be the leaders. Whether you are working as the leader, or are following the leader, we all have to recognize our role during the activity and be respectful to our classmates.
2. The object of the game is for you to follow the movements of the leader at each cone while the music is playing. You'll do that by mirroring how they are moving. The movement leaders are responsible for creating safe, fun, and high energy movements that will increase everyone's heart rates while they are active at your cone.
3. When the music stops, everyone except the movement leaders will rotate clockwise to a different cone and begin to mirror the movements of a new leader. Once groups rotate to all 4 cones, we will select a new leader at each cone for the next round.
4. The movement leaders at each cone will get the opportunity to experience a leadership role that is fun and creative. While you are following the movement leaders at each cone, you also get to demonstrate leadership by being respectful and providing encouragement and direction to your classmates while you are moving.

GRADE LEVEL PROGRESSION

Level 1: Play as described above.

Level 2: Challenge students to create fitness focused movements at each cone.

ACADEMIC LANGUAGE

Leadership, Movement, Etiquette

PRIORITY OUTCOMES

Etiquette:

Recognizes the role of rules and etiquette in physical activity with peers.

DEBRIEF QUESTIONS

DOK 1: How would you describe someone who is a leader?

DOK 2: How did you or one of your classmates demonstrate leadership during this activity?