

4 Corners

Equipment: Cones (one for each corner), one locomotor movement posted on each cone. These movements can be changed each time this activity is played for participants to practice other skills (8 choices are below).

Organization: Place a different locomotor movement on each cone, then put one cone in each corner. Divide participants into four groups and invite each group to stand at a cone. On the signal to go, participants find someone in their corner to do rock, paper, scissors with. The participant that wins the challenge, reads the card on the cone, then moves in a counterclockwise direction to the next cone performing the locomotor movement indicated on the card. If a participant loses the challenge, they must stay in that corner and challenge another participant to a RPS challenge. If a participant has three losses in a row, they automatically move to the next corner. The objective of the activity is to travel as many laps as possible before the time is up. Consider placing an object down, such as a cut up piece of pool noodle or a clothes pin at the corners for participants to pick up as they complete one full lap. Obstacles could also be placed in between the cones for participants to travel over, under or around. Consider adding equipment, such as a basketball or soccer ball to dribble from one cone to the next.



Skíp



Shuffle



Lunge



Frankensteíns



High Knees



Run

Gallop



Crab Walk



Bear Walk

