

LR4591 Family Engagement Night, Physical Activity and Reading Kit

Game Station Instructions

4-Square Activity Station

Equipment - 1 Playground ball per court, Roll of 2" wide floor tape to mark off the court area and safe zone.

Set-Up – If playing indoors, use the 2" wide floor tape to create a grid of 4 - 8' x 8' squares. Label the squares 1 through 4. We recommend also marking off an extra 5' safe zone around the playing square where spectators and players waiting to get into the game stand behind. If playing outdoors and 4-square zones are not already marked out, then chalk can be used to create the playing court.

Optional Educational Twists to the Rules Below

- Have players call out sequential numbers each time they hit the ball...1,2,3,4, etc.. Start each round where the previous one ended. Restart once you reach 100.
- Have players call out the next letter in the alphabet each time they hit the ball...a,b,c,d, etc.. Start each round where the previous one ended. Restart once you reach z.

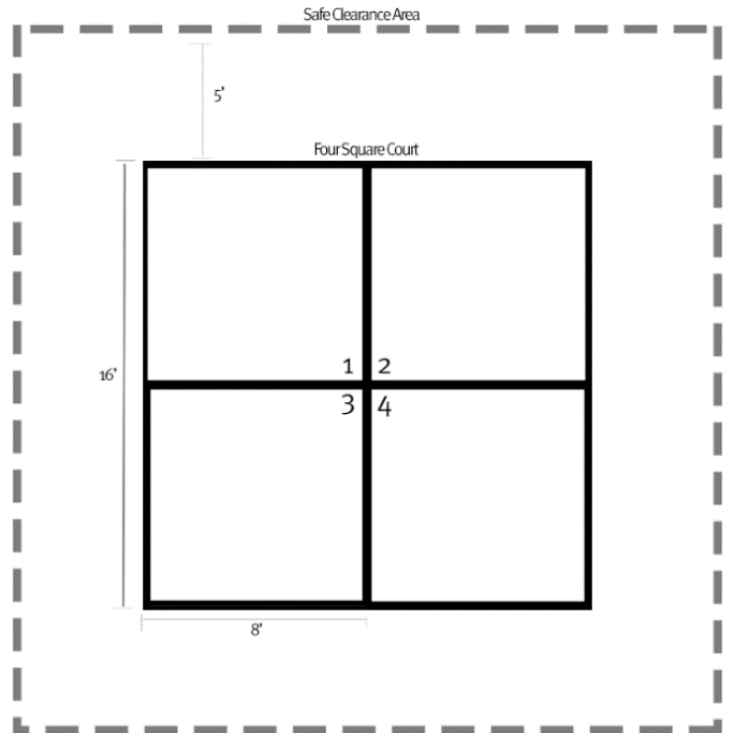
Four Square Rules

The Object - The object of the game of four square is to eliminate players in higher squares so that you can advance to the highest square yourself. Four square is played with a rubber playground ball on a square court with four players, each occupying a quarter of the court. The ball is bounced between players in squares until a player makes an error and is eliminated. Eliminated players leave the court, all players advance to fill the empty squares, and a new player joins at the lowest ranked square.

The Ball - Standard Ball - 8-1/2" rubber playground ball. Larger sized balls can also be fun to use, especially for older players.

Hitting the Balls - During play, players may only hit the ball with their hands. We describe the "hands" as any area between the player's wrists and fingertips, including the backs of hands. The ball may be hit with open or closed fists in the same manner as official volleyball. Players may not catch, carry or hold the ball at any time during play. Spinning the ball is allowed as long as the hit that produces the spin is not a carry or other illegal hit. In all cases, players who strike the ball incorrectly are eliminated.

The Court - Squares are ranked from highest to lowest. The highest and lowest ranked squares should be diagonal from each other. Square numbers should be clearly marked.



There are two sets of lines on the court. "Outside lines" are the outermost edges of the entire court, while "inside lines" refer to the line dividing individual squares of the court that cross in the center. All lines on the court are 1 to 2 inches wide.

Outside lines are in-bounds. If a player bounces the ball onto any outside line, it is still in play. However, if the ball bounces outside of the outside line, it is out of bounds and the player that last hit it is eliminated. Inside lines are out-of-bounds. If a player hits a ball onto any inside line then that player is out. This applies to ALL inside lines, not just the lines that border one player's square. If a ball touches an inside line, the player that hit it last is eliminated. Players are not required to stay in their portion of the court. They may stand, walk, or run anywhere on the court, though it is best to stay in a position to protect their own square.

Serving the Ball - The ball is always served from square marked #1. When serving the server must have one foot touching the back corner of their square. Once they serve the ball, they are free to move as usual. The server must drop the ball and serve after the bounce. The ball must be allowed to bounce once in the receiving square, then the receiving player must hit the ball into another square. After the receiver touches the ball, the ball is in play.

Serves are meant to place the ball fairly into play. Because the server must serve the ball the same way each time, it is the receiving player who controls the first play of the game.

Faults - The receiver of the serve is allowed only one mistake / fault on each round. If the receiver of the serve hits the ball incorrectly, or fails to hit the ball inbounds, then the receiver is allowed to take a second serve. There is only one fault allowed per player per round.

Play - Once the ball bounces in a square, ONLY the owner of that square must hit the ball into another square.

Elimination - Each time a player is eliminated, that player leaves the court and all players advance to the higher numbered square squares. The lowest ranked square is then filled with a new player. All eliminated players leave the court and wait for their next turn to join in the lowest square.

These situations represent all the ways in which a player may be eliminated from the court. Players are eliminated for:

Failing to hit the ball into another square.

Allowing the ball to bounce more than once after it lands in their square.

Hitting the ball out of bounds or onto an inside line.

Hitting the ball incorrectly such as holding, catching or carrying.

Hitting the ball with a part of the body that is not a hand.

Hitting the ball out of turn (or when it has not landed in that player's square).

If the ball is touched by another object which is not one of the four players or the floor, this is called interference. The round is started again. Players waiting in line may not touch the ball when in play.

Toss and Talk About Ball Activity Station – Letters or Numbers Game

Equipment – 17699 Create Your Own Toss and Talk About Ball + Wet Erase Marker

Instructions - Inflate the balls. Break the group into two smaller groups, one will play the Letters Game and the other the Numbers Game. About half way through the time allotted for the station, have the groups switch balls.

Letters Game - Randomly write an upper- or lower-case letter in each of the stars on the ball, repeat letters as required. Players stand in a circle. One person is handed the ball to start the game and they toss it to another person in the circle not standing next to them. The player catching the ball reads the letter in the star that is closest to their left thumb. Young players say a word that starts with that letter. Older players should say a word that starts with that letter and then try to spell that word. An adult or a monitor should correct any incorrect spellings. If players are too young to easily toss and catch the ball, the ball can simply be passed from one player to another in the circle. Try not to repeat words.

Numbers Game – Write any number from 1 to 9 in each square randomly and repeat as needed. One person is handed the ball to start the game and they toss it to another person in the circle not standing next to them. The player catching the ball reads the numbers in the stars that are closest to their left and right thumbs. Older players can add the numbers in the two stars. For a bigger challenge, see if try to have the group keep a running total of the numbers until the group hits 100! For example, the first player's thumbs end up near stars with the number 3 and 4 in them and says, 3 plus 4 is 7. The next player ends up with their thumbs near the 5 and 9 and they would say 7 (the total from the previous player) plus 5 is 12 and 12 plus 9 is 21.

Alphabet Run Activity Station

Equipment – Alphabet Spot Markers, stopwatch + one person to run the station.

Instructions –

Basic Game - Spread out the spot markers in a specified area and mark a starting line that is at least 10' away from the closest spot marker. Create 10 sheets of paper, each with 10 letters written on them. Players line up one at a time at the start line. They are given a random sheet of paper with 10 letters on it that is folded such that they cannot see the letters before they start. At a go signal they open the paper and must run to each letter on their sheet of paper in the order they appear and then return to the start line. All player's times are recorded and the player with the fastest time wins.

Advanced Game – As the player reaches a spot, they must call out a word that begins with the letter on the spot before they can advance to the next spot. The player that crosses the finish line and correctly calls out ten words that start with the letters on their sheet the fastest wins. If a player gets a word wrong, add 2 seconds to their time for each incorrect word.

Super Advanced – Call out a word and spell it correctly at each spot. The player that crosses the finish line and correctly calls and spells out ten words that start with the letters on their sheet the fastest wins. If a player gets a word wrong (either it doesn't start with the desired letter or spells it wrong or both), add 2 seconds to their time for each incorrect word or spelling of the word.

Name Variations – Instead of using the letters on the sheets of paper, have players run to 8 letters in their names. Start with the letter in their first name and if their first names are not long enough they can add as many letters from their last name that are needed.

Group Competition – Instead of having the players within a group compete against one another, record the total time for the group and at the end of the night announce which group had the fastest time. If groups have uneven numbers, use the average time of each group to determine the winner.

The Name Game Activity Station

Equipment – Spectrum Youth Rubber basketballs - 2, High Bounce Balls (3) to bounce, toss and catch. Indoor soccer ball (1).

Instructions - Players do the activities listed by the first 8 letters of their name. If their first name is less than 8 letters use as many letters from their last name as needed. If letters in their name repeat, go to the next letter in their name. All the players can go at the same time.

<p>A Hold the Airplane Flying pose for 10 seconds</p> 	<p>N Try 3 times to go from sitting on the floor to standing up without using your hands</p> 
<p>B Balance on your left foot for 10 seconds</p> 	<p>O Overhand throw a ball or rolled up socks to a target on the wall 10 times</p> 
<p>C Crab walk for 20 seconds</p> 	<p>P Hold the plank pose for 20 seconds</p> 
<p>D Dribble a ball with your right hand while you sing the alphabets</p> 	<p>Q Kick/pass a ball to a family 10 times using the inside of your foot</p> 
<p>E Dribble a ball with your left hand while you sing the alphabets</p> 	<p>R Run 30 feet forward then back to where you started, repeat 5 times</p> 
<p>F Hold the Flamingo pose for 10 seconds</p> 	<p>S Skip around for 30 seconds</p> 
<p>G Gallop like a horse for 30 seconds</p> 	<p>T Toss a ball in the air 5 times with your right hand and then your left hand</p> 
<p>H Hop on your right foot 5 times then hop on your left foot 5 times</p> 	<p>U Underhand throw a ball or rolled up socks to a family member 10 times</p> 
<p>I Invent a pose of your own and hold for 10 seconds</p> 	<p>V Slither across the floor like a viper snake for 10 seconds</p> 
<p>J Jump on and off of something 5 times (Safety first!)</p> 	<p>W Walk like a giraffe for 10 seconds</p> 
<p>K Roll a ball 10 times back and forth to a family member</p> 	<p>X Jump horizontally 5 times in a row</p> 
<p>L Log roll back and forth on the grass or a carpet for 10 seconds</p> 	<p>Y Your choice - pick any movement from the Alphabet chart</p> 
<p>M March from one end of the room to the other end for 30 seconds</p> 	<p>Z Shuffle around in a zigzag pattern for 30 seconds</p> 