

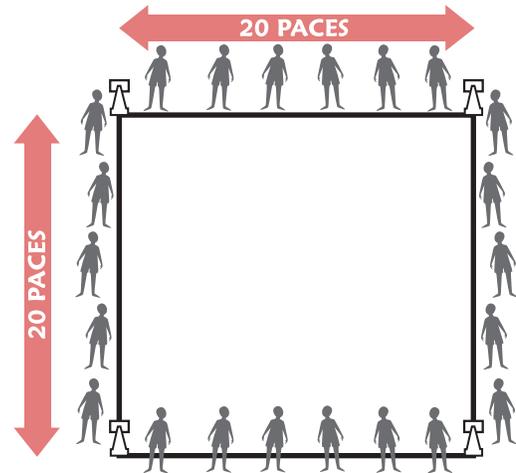


Ready...

- 4 cones (for boundaries)
- 4 *Corners Task Cards* (SPARK Instructional Media CD)

Set...

- Create a medium (20X20 paces) activity area.
- Place a *4 Corners Task Card* at each corner.



GO!

1. The object of *4 Corners* is to warm up the large muscle groups, using a variety of locomotor skills.
2. As you enter the activity area, move clockwise around the perimeter.
3. When you reach the first corner, read the *Task Card* and do the #1 locomotor skill from that corner until you reach the next corner.
4. Continue to do the #1 skill at each corner until you return to your original corner. Next time around, do the #2 skill.
5. Each time you reach a new corner, start a new movement. If you finish all of them before the stop signal, begin again at #1.
6. (Continue for 3-5 minutes.)

CHALLENGES

- * How many corners can you visit before the stop signal?

CUES

- * Stay on Skill #1 for all 4 corners, then change to #2.
- * Work on quality, not speed.