

Power Skills



Great Games

Moving skillfully and thinking strategically

4 SQUARE

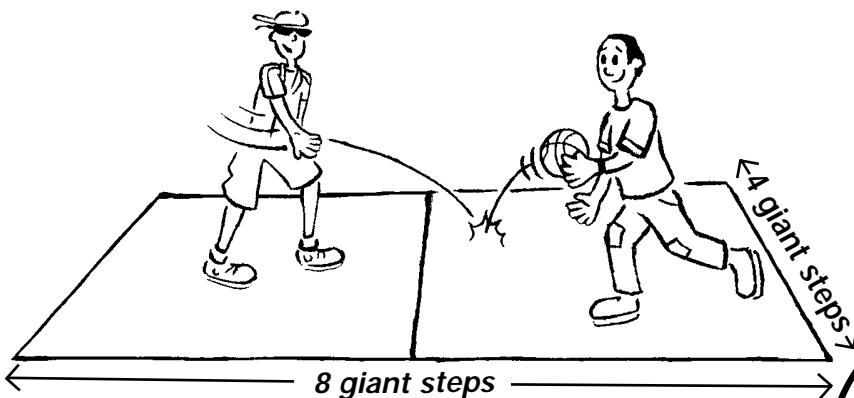
Ready

Learn The Skills

- Warm-up by doing some walking type activities then some light stretching.

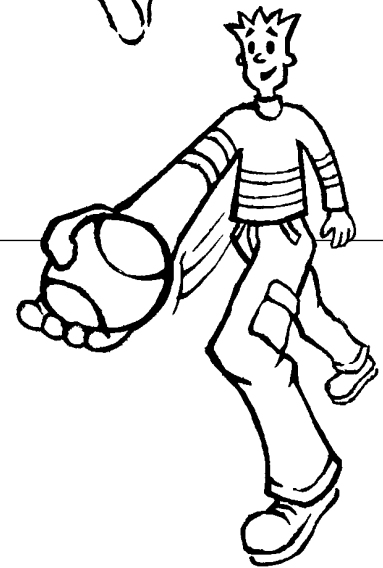
Practise Your Underhand Striking Skills

- Invite a parent, family member or friend to join you.
- Use a ball that bounces well (volleyball, tennis ball, etc.)
- Practise hitting the ball back and forth to a partner using the underhand swing to strike the ball. Start with two squares on the ground. To set the boundaries use chalk, hats, knapsacks, etc.



Key Features of the Underhand Throw

- Keep your eyes on the ball.
- Move below and behind the ball.
- Swing your arm like an elephant's trunk.
- Your palm should be in the shape of a scoop.
- Step with your opposite foot.
- Let the ball bounce once before returning it.



Heart Leaders!

Invite a younger family member or neighbour to join the game. Teach them what you know!



I Can...

- Swing my arm like an elephant's trunk.
- Hit the ball with my palm up.
- Step forward with the opposite foot.

Power Skills



Set!

- Use chalk to mark off the square and numbers.
- Find 4 to 6 family members and friends to join you.

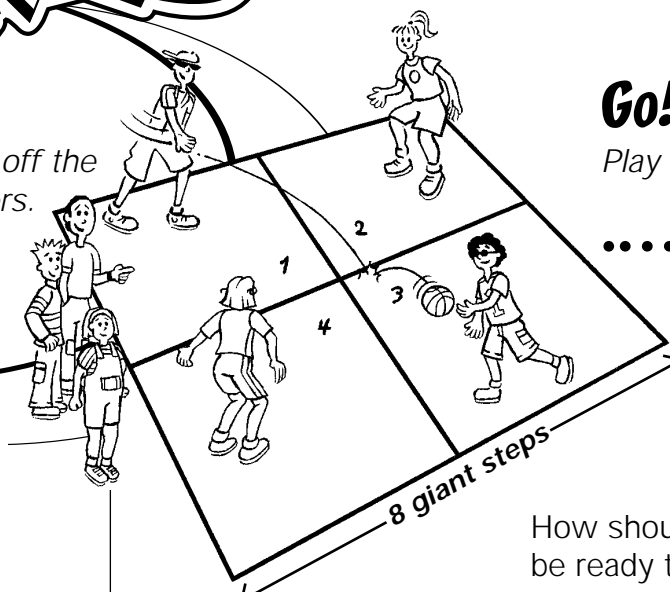
Go!

Play the game and have fun!

Learn the Game

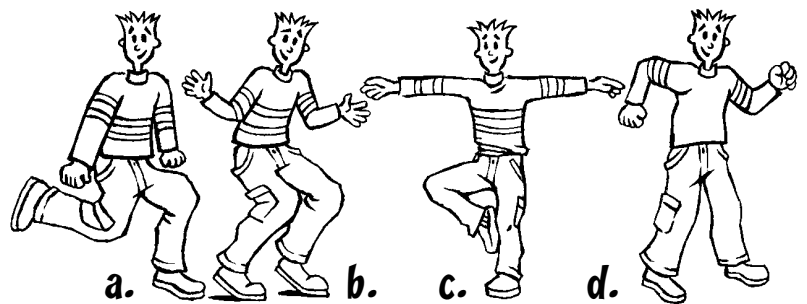
Objective - To outsmart your opponents and advance to Square #1.

- Player in square #1 serves the ball to any of the other 3 courts. To serve, let the ball bounce once then use the underhand strike.
- Other players redirect the ball to other squares using the same striking action.
- If the ball bounces twice in any court or outside the big square the person that makes the error must leave his/her square and become an extra.
- Players then advance to the empty square (e.g., if player #2 misses the ball, player #3 moves to that square, and player #4 moves up to the #3 square. A new player fills in the #4 square).
- The game is restarted by the player in the #1 square.
- To become a server (#1 square) make the #1 player miss or hit the ball out of bounds.

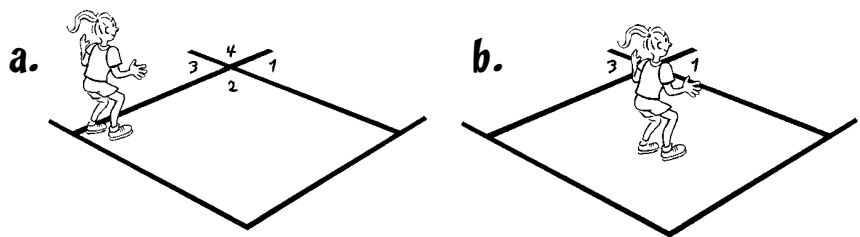


Ready for Action!

How should you stand to be ready to receive a ball?

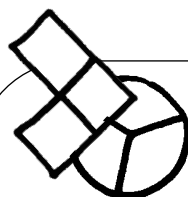


Where should you stand to be ready?



Give reasons for your choice:

Smart players pretend to hit one way, then send it in the opposite direction. Can you think of another way to play it smart? Tell us your ideas! HeartHealthyKids@hsf.on.ca



Heart Leaders!

Change the shape of the court so more players can play.

