

Teaching Tips

- Work together to serve and receive the ball.
- Ball must be hit up and travel at least 3 paces. No spikes are allowed.
- A group that commits a fault goes to the re-entry area.

Guidelines Addressed

- Muscular Fitness
- Greater than 50% MVPA
- Cooperation, Fair Play

SEL Competencies**Self-Awareness**

Peer interaction

Self-Management

Self-regulation

Relationship Skills

Cooperation, teamwork

Responsible Decision-Making

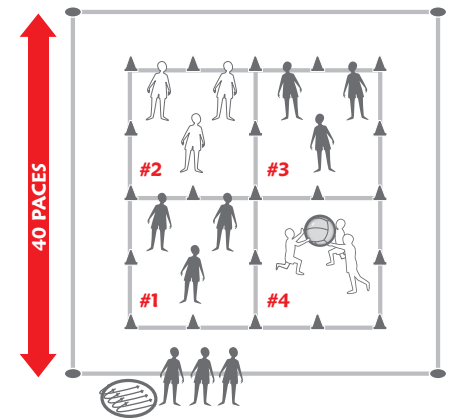
Analyzing situations

READY

- 24 [spot markers](#) per 15-25 participants (to mark 4-square courts)
- [KIN-BALL®](#) (36" dia or larger) per 15-25 participants
- 1 [hoop](#) per 15-25 participants
- 5 [jump ropes](#) per 15-25 participants

SET

- Create a large (40 x 40 paces) 4-square court per group of 15-25 participants. Number the grids 1-4.
- Create a re-entry station by placing the jump ropes in the hoop outside the court.
- Form 5 groups of 3-5. One group per grid, plus 1 group beginning at the re-entry station.

**GO!****1. Activity Objective**

- The object of **KIN-BALL® 4-Square** is to catch and serve the KIN-BALL® successfully without allowing it to touch the ground.

2. Instructions

- Play starts with ball in the #4 square. This group serves to any other square. Play until the signal.
- All but 1 player in the serving group touch ball with both hands, hold it high overhead, and drop to 1 knee.
- Server uses 2 fists to punch ball into another square.
- Use the 2-handed straight punch to avoid injuries to your wrists, arms, and hands.
- Ball must be hit up and travel at least 3 paces. No spikes are allowed.
- Receiving group must control the ball, then gather together and "serve" it to another square the same way.
- Continue until a fault is made, a group commits a fault and goes to the re-entry area if:
 - Ball hits the grounds in their square or out of bounds (all lines are out).
 - Any player touching the ball steps on a boundary line.
 - Ball is spiked from high to low or does not travel 3 paces.
 - Ball is hit before every member touches and controls it with 2 hands.
- Groups at the re-entry station jump rope until another group commits a fault.
- Groups re-enter into the #1 square. Other groups rotate to the next highest # square.

3. Challenges

- How many times can your group make it to the #4 square before the signal?



KIN-BALL® 4-Square

Reflection Questions

- How is this game similar to regular 4-square? How is it different?
- Why do you think it is important to communicate as a team?
- What strategies did your group use to be successful?

Game Reset

Rewind

- KIN-BALL® 2-Square – Using the same rules, play with just 2 squares.

Fast Forward

- KIN-BALL® Volleyball – Using the same rules, play a game of volleyball. You will play with just 2 groups playing over the net (or cones in a line) using the same rules and techniques.

The Right Fit

Group Size

- Small – Can be played with as few as 12 participants; 3 in each of 4 groups. When a group faults, instead of the re-entry zone, they go to square #1.
- Large – Add more 4-square courts as needed. If short on Kin-Balls®, use beach balls.

Limited Space

- Use beach balls and keep area small.

Wide Age Range & Skill Levels

- Allow players to choose their own groups. They may choose to be with others of similar or different ages/skills as themselves, it is up to them. Both work well.

Home Play

Move More

Play group 2 or 4-square at home. Take turns hitting the ball to other squares. Can you get your heart rate up this way?

Leader Reflection

