

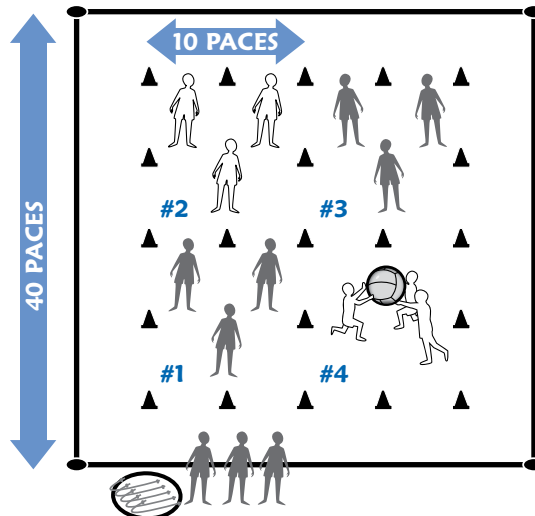


## Prep

- 24 cones or spot markers per 15-25 students (for boundaries)
- 1 OMNIKIN® UltraBall or Kin-Ball® (36" or larger) per 15-25 students
- 1 hoop per 15-25 students
- 5 jump ropes per 15-25 students

## Set

- Create large (40X40 paces) activity area per group of 15-25.
- Within each area, create 4 medium grids (10X10 paces) and number each 1-4.
- Create re-entry station by placing jump ropes in hoop outside area.
- Form 5 groups of 3-5. One group in each of the 4 grids, 5<sup>th</sup> group at re-entry station.



## Teach

1. The object of *Kin-Ball® 4-Square* is to catch and serve the Kin-Ball® successfully without the ball touching the ground.
2. Play starts with ball in #4 square. This group serves to any other square. 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.
3. Ball must be hit up and travel at least 3 paces. No spikes are allowed.
4. The receiving group must control the ball, then gather together and “serve” it to another square using this same serving method.
5. A group commits a fault and goes to the re-entry area if:
  - ball hits the grounds in their square.
  - any player touching the ball steps on a boundary line.
  - ball is hit out of bounds (all lines are out).
  - 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.
6. 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.
7. Play continues until signal.
8. **Cues**
  - Work together to serve and receive the ball.
9. **Challenges**
  - How many times can your group make it to the #4 square before the signal?
10. **Think About...**
  - Why do you think it is important to communicate as a team?

# KIN-BALL® 4-SQUARE

## EXTENSIONS

### 3-Second Rule

As soon as the ball is touched in your square you will have 3 seconds to serve it away. Listen for a 3-count (groups in other squares act as counters).

### Kin-Ball® Volleyball

Today we're going to use our *Kin-Ball® 4-Square* rules and play a game of volleyball. Two groups will play over a net (or cones) using the same serving and receiving rules and techniques.



## MULTICULTURAL INTEGRATION

Legend has it that 4-Square is a British game. But, 4-Square rules were first published in 1900 in an American book on games. We do know that Kin-Ball® is definitely a Canadian game created in 1986 by a physical education professor named Mario Demers. Blending the 2 games together is a great example of multicultural respect! Let's take what's cool with you, blend it with what's cool with me, and make something cool together. Now that's hot!



## STANDARDS ADDRESSED

### National PE Standards

#### Movement/Skills:

Motor skill development, defending open space

#### Personal/Social:

Communication/cooperation, appreciation of diversity, accepting challenges

**Your State** (Write in here)

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## TEACHING TIPS

- Teach a 2-handed straight punch to avoid injuries to wrists, arms and hands.
- Focus on teamwork. Every member of each group must be involved.
- Reduce time spent giving instruction by stating the desired outcome first, then 1 or 2 steps to achieve it.

### NOTES

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