



Four-Corner Circuit

Overview

During the **Four-Corner Circuit**, students work in large groups to complete a number of exercises featured on the Functional Fitness Charts. Students perform the exercise at each station, then run a lap together before moving on to the next station.

Materials Needed

- Selection of four or eight Functional Fitness Charts (four if you decide to display one exercise in each corner of the activity area; eight if you choose to have two exercises in each corner). If you decide to use two charts at each station, you may wish to provide students with an easier and a more difficult option, so that each member of the group has a choice of which exercise they will perform. Alternately, you can place two charts at each station and have the students travel through the circuit twice.
- Selection of music to play throughout the game and music player

Preparation

- Choose the Functional Fitness Charts you wish to use. Ensure that your students are familiar with each exercise you choose before using it for this activity.
- Write the number of repetitions you would like students to perform on each chart. It is a good idea to provide a range of repetitions (e.g., 8 to 12) so that students of all fitness levels can experience success at each station.
- Display one or two charts in each of the four corners of the playing area. Ensure that there is enough room at each station for a group of students to work there at the same time.

Suggested Approach

- Divide the class into four groups.
- Explain how the activity works. Each group will begin in one corner of the activity area. The group will perform the exercise on the Functional Fitness Chart that is displayed in that corner. When all group members have finished the specified number of repetitions, the whole group will jog one lap around the playing area, stopping at the next station. They will continue to rotate around the circuit in this manner until they have completed each of the activities displayed on the charts at the four corners.
- Send one group to each station.
- Begin playing music to signal for students to start the circuit. Play music continuously for the duration of the circuit with no pauses.
- When the groups have completed their repetitions, signal for the students to leave their station and complete a lap of the playing area.
- When each group has moved to the next station, signal for them to begin the activity.
- Groups should continue moving from station to station, until they have visited each fitness chart in the circuit.

