



Four Corner Circuit

How It Works

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, and 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

- 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 pairs. If possible, try to match students of equal athletic ability, which will help make the activity more enjoyable for all students
- Explain how the activity works
- Before they begin, suggest some things that students should look for while they are coaching; e.g., is their partner performing the repetitions at an appropriate speed? Is he/she using proper technique (back straight, core engaged)?
- It may also be helpful to give students some ideas of how to provide feedback in a positive way; e.g., telling their partner something he/she is doing well before describing something he/she could improve
- Send pairs of students to each station, so that students are equally distributed at each station in the circuit
- Start the music to signal that students should begin. Play music continuously for the duration of the circuit