

Company

FOUR SQUARE



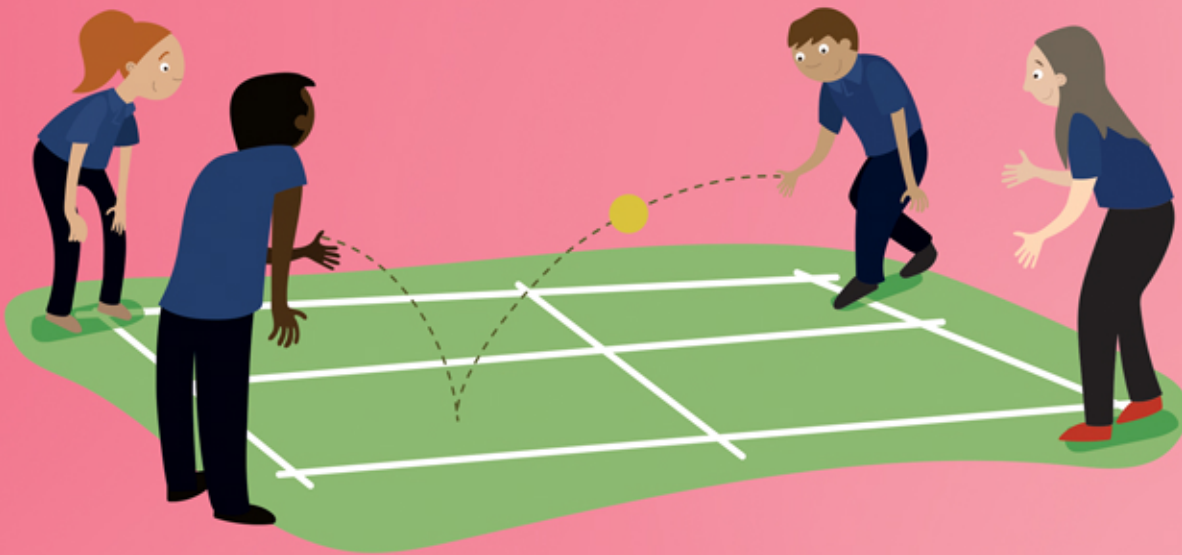
GET ACTIVE



20 MINUTES



IN THE
CUPBOARD



AIM

A fast-paced game that sees young people competing against three other players to stay in the game, whilst trying to eliminate one of their opponents. Who can stay in the game the longest and be crowned four square champion?

WHAT YOU'LL NEED

- > Cones / Masking Tape / Chalk
- > Ball (that can bounce)

GET ACTIVE: FOUR SQUARE

THEME: PLAYING GAMES



LEADER PREPARATION

A leader will need to set up the four square area. This should be a large square of cones or masking tape, with a dividing cross in the middle, creating four smaller squares inside. Number the boxes 1 to 4, with boxes 1 and 4 opposite each other.



GETTING INTO THE ACTIVITY

Four Square is a game where players aim to eliminate those in higher squares, in order to take control of square one and score points.

- 1 Start the game with one person in each box. Any extra players join the queue to enter the game when a player is eliminated.
- 2 The rules of the game are as follows:
 - The person in box 1 (the scoring box) always serves from the far corner of their box.
 - The server drops the ball in their square, so it bounces, and then hits it directly into box 4.
 - The ball must bounce inside box 4, before the person in that box can hit it directly into another player's box (any box). This then continues, with players hitting the ball from their box into one of the others.
 - The ball must only bounce once inside a box, before being hit into another player's box. The ball must be allowed to bounce. If hit early, that person is out.
 - This carries on until a player makes a mistake. When this happens the player who made the mistake joins the back of the line. Anyone stood in a lower box, can now move up to their next box. (i.e. if box 2 is out, those in boxes 3 & 4 can now move up one box). The person at the front of the queue can now enter box 4.
 - Mistakes are if the ball goes out of bounds or bounces twice. If the ball hits an inside line, this is classed as out. If the ball hits an outside line, this is classed as in.
 - Players can hit the ball from outside of their box if they need to
 - The person in box one scores a point each time they serve and remain in the game. The person who has scored the most points when you decide to finish the game wins. Alternatively, you could play until one person scores 10 / 15 / 20 points.

Top Tip: Head to YouTube and search for a tutorial on how to play. The rules can vary slightly from one video to the next, but these videos should give you an idea on what the game looks like.



KEEPING EVERYONE SAFE

Please ensure the space you are using to play in is even and appropriate. This game sees a ball being bounced around, so remove any objects that could be damaged by the ball.