

# 4 Corners



Activity	Duration	Notes
<p>4 Corners</p> <ul style="list-style-type: none"><li>- One person in the middle of the room, eyes closed. Everyone moves to a corner of the room, the person in the middle picks the corner they think the most people are at and all the people in that corner are out. Between each round of people moving corners, teachers can announce a new way that students must move around the classroom. (Skipping, high knees, marching, butt kicks, walking lunges, etc.)</li></ul>		

**COVID-19 Considerations:** Teachers and students please be advised that in some of these activities and games social distancing, and other proper Covid protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the class' overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!

# Freeze Dance Variation



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<p>Freeze dance variation</p> <ul style="list-style-type: none"><li>- Students are doing one activity from the list with music playing, when it stops they need to freeze, anyone who doesn't freeze on time is out, or the last person to freeze is out, play until there is one person left standing. Activities: run on spot, squat jumps, jumping alternating lunges, skipping on spot, or just dancing</li></ul>		

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# Hit Record



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<p>Hit record</p> <ul style="list-style-type: none"><li>- On the spot, students perform actions based on the leader's (teacher) instructions, which match up with actions as if a song was playing. Play: march on spot, pause: 1 jump, fast forward: sprint on spot, stop: freeze, slow-motion: slow movement (any kind), fast forward: spin. If a student does the wrong movement, they perform 5 jumping jacks then rejoin the game.</li></ul>		

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# Pass the Movements



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<p>Pass the movements</p> <ul style="list-style-type: none"><li>- Split the class into 2 teams, each in a straight line. Everyone has eyes closed except the first person in line, who will perform 5 movements. Once they do them, they call the name of the next person in line, who will watch them do the movements. Then, the leader closes their eyes and the second person in line shows the third person the movements. No talking, and no repeating movements. See which group can keep the moves the most similar to how the leader performed them. Whichever team's movements change the most has to do 10 jumping jacks.</li></ul>		

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# Splat



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<p>Splat</p> <ul style="list-style-type: none"><li>- One person in the middle, the rest of the students are in a socially distanced circle. Person in the middle clap-points at someone and says 'splat', that person has to duck. The people on either side of the person who ducked have to splat each other by clap-pointing. Whoever is last to do so has to do 5 jumping jacks then can rejoin the game. If the person who is originally splatted by the person in the middle makes the mistake by doing the wrong action, then they have to do 5 jumping jacks, then rejoin the game.</li></ul>		

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# Statue



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<p>Statue</p> <ul style="list-style-type: none"><li>- The class splits up into 2 groups. Half on one side of the class and the other half on the other side. Pick one person to be the “security guard” that stands in the middle. While the security is facing one side of the class, the other side is trying to get across, but if the security guard turns around and sees them moving, they must restart and go back to the wall. The goal of the game is to reach the other side of the room without being caught. While going across the players must lunge or side squat. Remember if the security guard turns around you must be a statue and stay in the lunge or side squat!</li></ul>		

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