

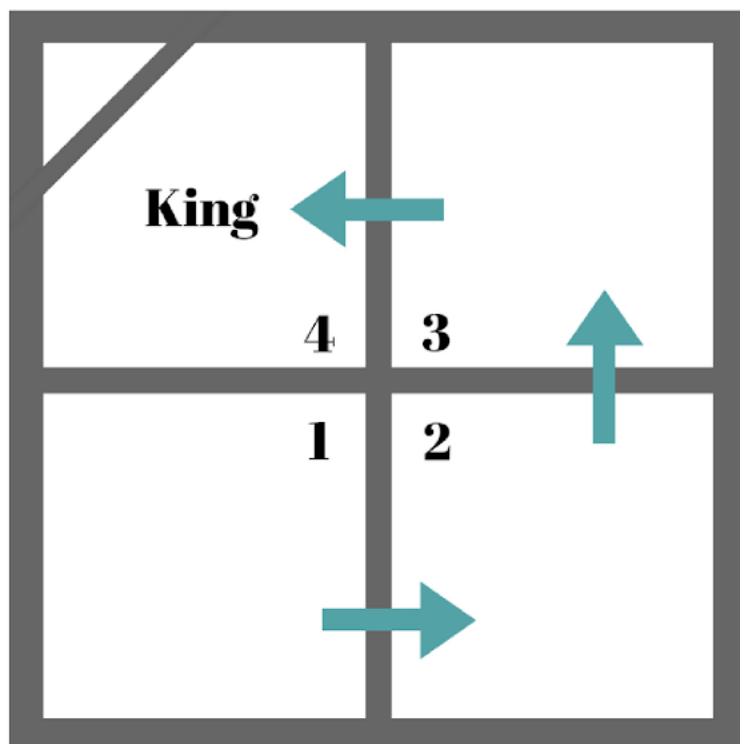
4 SQUARE

RULES CHEAT SHEET

A RESOURCE FOR PE TEACHERS



THEPESPECIALIST.COM





Introduction

Four square is an awesome game that is easy for kids to play and popular because of the tons of variations and also the low cost of entry. Buy a playground ball and grab a piece of chalk and you're ready to go no matter where you are. There are probably a thousand different "type's of games" that you can play and kids enjoy the creativity and the different variations keep the game interesting.

With my K-2nd students, I've found that playing an actual game of 4 square usually doesn't work, so we do some skill challenges leading up to the game and also I teach them a few similar games (1 Square and 2 Square). I focus on cooperative learning and challenges with K-1 and then in 2nd we do a competitive game of 2 square to lead into learning 4-square when they get to 3rd grade.

My main focus when teaching 4 Square is to make sure my kids can work together with each other and use good sportsmanship during the gameplay. This is a really important thing to emphasize with your students as part of the game is explaining to other why they are "out". Make sure kids are actually taking the time to explain the rules of the game to other students who might be confused, otherwise you're going to have a lot of frustrated kids.

With the right mix of competition, cooperation and good sportsmanship 4 Square can really come together to be a great experience for students and one that's valuable because it teaches them something they can easily take to the playground, driveway, summer camp or their neighborhood.

Have Fun and Teach On!

Ben

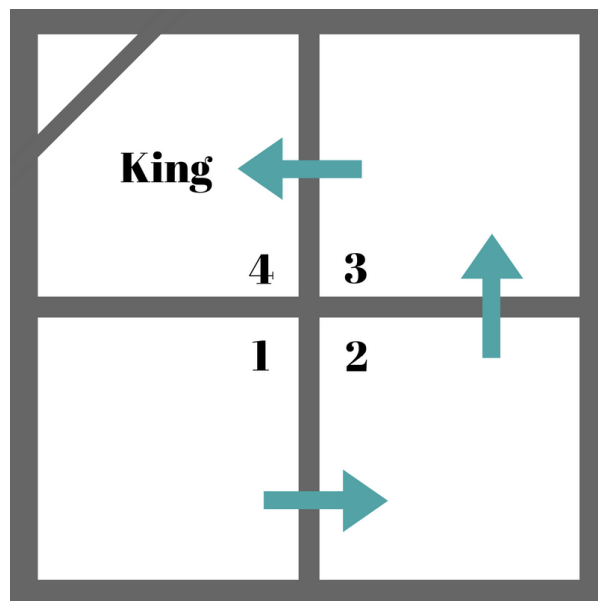
To get more tips and see a video of how I explain the game to students click the link below:

⇒ [More Four Square Tips + a Helpful Video](#) ⇐

Four Square Rules Cheat Sheet

Regular 4 Square

- Server (King) must put one foot behind the service line
- Everyone must Hit UNDERHAND
- Ball must bounce ONCE and only ONCE in your square before your strike it (including on serves)
- If someone makes a mistake you rotate up and that person goes to the back of the line (outside the #1 square)
- Server takes care of any arguments (unless it involves the server – then vote or play rock paper scissors)
- Inside lines are out, Outside lines are in
- You can move anywhere outside the square or in your section of the square
- If it bounces in your square you MUST strike it
- Server Must Ask “Are you Ready” before serving
- No Carrying, Stalling or Holding – you must Strike / Hit the ball



Around the World

- Server must call “Around the World”
- You can go to the right or the left, they must go around in order
- Anyone can say reverse BEFORE you strike and go the opposite direction, if you don’t say it before the strike the server can call you out (ie. If you call it while you are hitting the ball)
- If Server calls “Around the World No Reverse” you can’t reverse it

War or Battle

- Server must call “War” or “Battle”
- War – Server wars with one person (2 square) until someone misses
- Battle – Starts just like war, but someone can call “BREAK” before they strike the ball and then switch to battling with a different player in another square.

Cherry Bomb

- Same rules as regular, except that you are allowed to use overhand hits (except on the serve) Underhand hits are also still allowed.

Create Your Own

- Allow your students to create their own rule and pick a few good ones to teach to the whole class

Note: There are TONS of 4-square variations, if you want more ideas [Just Google It :-\)](#)

More Resources from The PE Specialist



Over here at ThePEspecialist.com we are working hard to give you as many resources as possible to help you become a better teacher.

We know that when you teach better lessons, save time planning and become a PE rockstar that ultimately results in kids living a more active lifestyle - and that's what we're all about!

Below you'll find some links to more resources on our site that we hope you'll find helpful as you take the next step on your teaching adventure.

Management Strategies and Tips

- [The Conflict Corner](#)
- [Daily Self Assessment](#)
- [Home Base Spots](#) (Assigned seats)
- [How to plan out your year of PE](#)
- [The Good Sportsmanship Code](#)
- [Shoes, Injuries and Time Out Form](#)

Throwing Games:

- [Boom City](#)
- [Monster Ball](#)
- [Hula Hut Throwdown](#)
- [Fire and Ice](#)

Lesson Ideas and Unit Overviews

- [How to Teach Jump Rope in Phys Ed](#)
- [How to Teach Gymnastics in Phys Ed](#)
- [How I do Fitness Testing \(Fitnessgram\)](#)
- [How I teach Hula Hooping in Phys Ed](#)
- [Frisbee Station Ideas](#)
- [Using Exercise Posters for Warmups and Workouts](#)
- [Warmup and Instant Activity Ideas](#)

Team Building Games:

- [Cross the River](#)
- [Pass the Frog](#)
- [Hula Hut Relays](#)
- [Adventure Bingo](#)

Basketball Ideas:

- [Teaching Ball Handling](#)
- [Teaching Passing and Shooting](#)

Technology Tips

- [Complete Technology Tools Overview](#)
- [Google Forms + iPads](#)

Music and Dance

- [My Phys Ed Music Playlists](#)
- [Teaching Dance With Mr. Chris](#)

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