

# SPORTAUS Four corners

# Video ref

PHYSICAL LITERACY ELEMENTS

ENGAGEMENT AND ENJOYMENT

STRENGTH

MOVEMENT SKILLS COORDINATION

## Format > Short focused challenge

Players choose a corner to stand in and, as the game continues based on the call, must move to the middle.

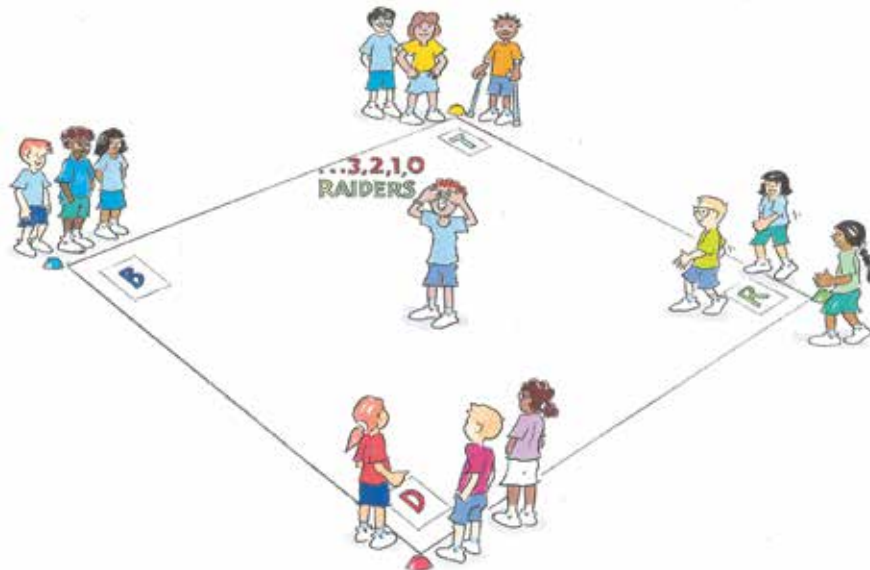
### What you need

- > 4 markers placed on the corners of a square

### What to do

- > Give names to each corner (e.g. Dragons, Raiders, Bulldogs, Titans).
- > One player stands in the middle of the square with their eyes shut, counting down from 10.

- > While the player is counting, all other players walk to a corner.
- > When the counter gets to zero, they name one of the corners (e.g. Raiders).
- > All players in that corner come into the middle and count.
- > Continue until all players are in the middle.
- > Vary how players move to corners/middle.



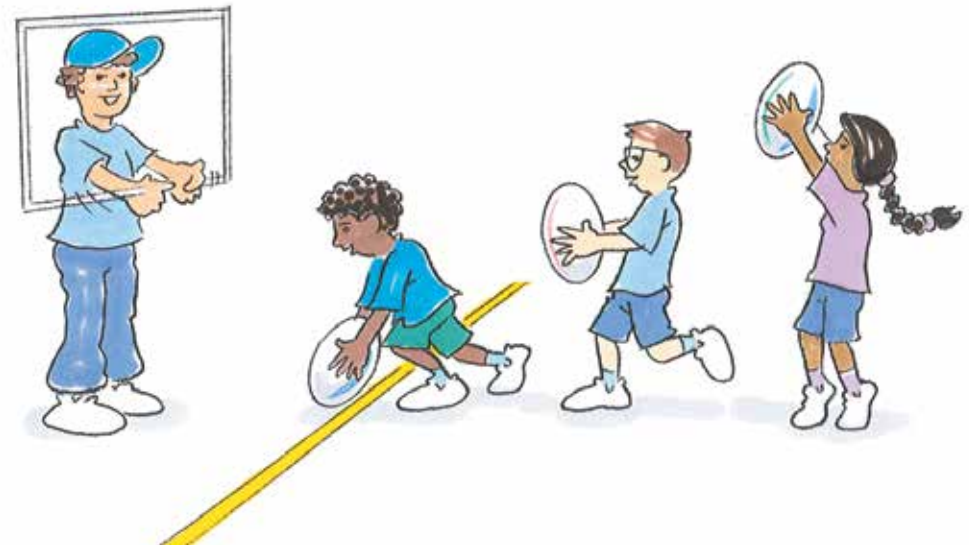
## Format > Coach feedback - skill review

Players mime specific sporting scenarios (e.g. running, passing, catching, kicking) in slow motion.

### What to do

- > Make a TV square with your hands, as if asking for the video referee to review the play, and describe the scene (e.g. a player dodges a defender then breaks free and scores a try; a ball is hit to short stop who fields the ball and throws to first base).
- > Players then mime the scene in slow motion.

- > Draw on an activity that has been played in this lesson.
- > Ask players to choose a movement problem experienced during the session.
- > Ask a player to explain what they are doing whilst performing the movement.



PHYSICAL LITERACY ELEMENTS

CONFIDENCE

CONTENT KNOWLEDGE

REASONING