

FOUR CORNER SHUFFLE

Stability
Skills

Objective

To perform stability skills, such as, bending, stretching, balancing, and twisting, while a partner performs locomotor skills.

Description

1. Divide participants into groups of 2 and place a cone at each corner of the activity area. On each cone place a card with one stability activity (stretch or fitness-based activity) AND one locomotor activity; ie. v-sit with a twist side to side AND side-shuffle.
2. Pairs choose a corner to start at. Be sure they are spread out fairly evenly at the corners.
3. When the music starts, one partner performs the stability activity beside the cone and the other completes the locomotor activity around the outside of all 4 cones. When the music stops, partners switch activities and begin again when the music starts.
4. On the next stoppage of the music, partners move clockwise to the next corner and get ready to perform the two new activities on the cone. More cones can be added to this activity for larger groups.

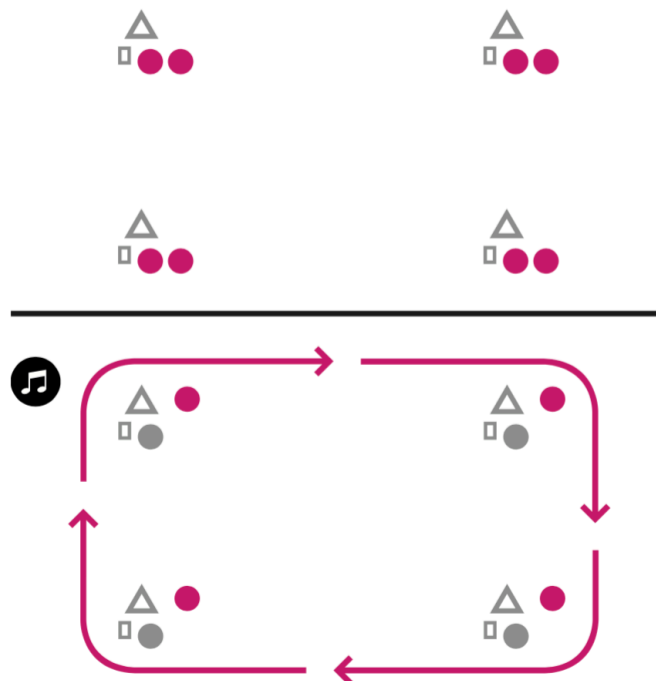
15

Equipment

- 4 or more cones with a different stability and locomotor activity on each

Tune Suggestion

- Can't Stop the Feeling by Justin Timberlake



16