

## Active Connect Four

**Grade:** 3-5

**Time:** 30 minutes

### Objectives:

- Students will develop strategizing, pattern creating, and locomotor skills.

### Materials:

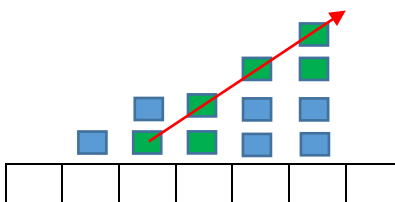
- Connect Four Board
- Two sets of Active Connect Four Pieces

### Set Up:

- Place Connect Four Board on the floor with two sets of game pieces.
- Have students get into partners.

### Directions:

- Students will take turns placing the Active Connect Four pieces above the Connect Four Board. Starting at the bottom and working up.
- Students will flip over the Active Connect Four piece. All students playing will complete the physical activity on the back together. Then place the piece on the playing board.
- The next player goes.
- The player who connects four pieces in a row wins. A connect four can be vertically, horizontally, or diagonally.
- A row cannot go higher than six plays.



### Variations:

- Instead of completing a physical activity for every game piece put down, both players could complete only the physical activities on the back of the four pieces that make the Active Connect Four.
- This activity can be played with two teams. The students on the team who play a card will do the exercise. Then the next team will go. Students on the team will rotate choosing a card and deciding where to play.
- This activity can be used in class based on what is currently being reviewed. For example, put math problems and physical activities on the game pieces. Before they can place their piece on the board, the problem has to be solved. If the math problem is  $2 + 2$  and the physical activity is squats, both students would do 4 squats.

**Source:**

Activity/game modified by IAK Staff

<http://mrsstouffersmusicroom.weebly.com/blog/reading-the-notes-pin-round-up>

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**4 Crisscross  
Jumps**

**6 Frog Jumps**

**Run in Place  
for 30 Seconds**

**5 Jumping  
Jacks**

**6 Mountain  
Climbers**

**3 Burpees**

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**Hold Plank  
Position for 15  
Seconds**

**Crab Walk  
Around the  
Room for 1  
Lap**

**Hop on Your  
Left Foot 5  
Times**

**Hop on Your  
Right Foot 5  
Times**

**Skip Around  
the Room for 1  
Lap**

**Gallop Around  
the Room for 1  
Lap**

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4 Push Ups

Bear Walk  
Around the  
Room for 1  
Lap

Hop on Both  
Feet 7 Times

3 Star Jumps

March Around  
the Room for 1  
Lap

Skip Around  
the Room for 1  
Lap



To make the Active Connect Four Game Board, simply cut along the line. Then tape the two pieces together on the short ends.

