Healthy LifeStars®

King Square

• WHERE TO PLAY:

Outside on pavement

• NUMBER OF PLAYERS:

4 at one time

• GRADE LEVELS:

3rd-8th grades

• EQUIPMENT:

- One playground ball
- o Chalk if necessary, to mark lines

HOW TO PLAY:

- Mark off a court that is very much like Four Square,
 - But much larger (16' by 16' up to 40' by 40').
- Before play begins, each of the players assumes a standing position in one of the four squares.
- The server (A) starts the game by bouncing the playground ball behind the serving line and, with an open hand, bats it into one of the other squares.
 - The player receiving the serve must let it bounce once before hitting it into another square.
 - Play continues until a fault bas been committed by one of the four players.
- The player can choose to contact the ball by:
 - Catch and punt a ball
 - Catch and throw
 - "Heading" (as in soccer)
 - Use the normal tap used in Four Square.
- A fault is any one of the following:
 - Stepping over the line while serving
 - Hitting a ball out of bounds
 - Hitting a line with the ball
 - Failing to return a hit made to your square
 - Using an overhand throw or fist to hit the ball

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- When a fault has occurred, the players shift positions.
 - If the server (A) commits a fault, he moves to square D, D moves to C, C moves to B, and B becomes the next server.
 - The objective is to move up a square after each fault and eventually become the server.
- When playing with only four players, the one who committed a fault moves to square
 D and the others rotate to fill in empty squares.
 - However, if a game has more than four players, the one who commits a fault leaves the court and joins the line of players waiting to get back into the game.
- A player from front of the line moves into square D and the other three players move up one square.
- Physical educators might be interested in using this game to develop punting skills by requiring only catching and punting.

