

OVERVIEW

DURATION	5 mins
AGES	12 - 16
PACE	2.20 - Easy walk
MILES RATING	0.18
STAGE(S) OF ATHLETIC DEVELOPMENT	Train to Train
SKILL LEVEL	Beginner
DEVELOPMENT FOCUS	Fundamental Movement Skills Life Skills: Social
ENVIRONMENT	Field, Gym
CAN BE USED AS...	Game / Activity, Warm-up
SHAPE America Standards:	Standard #2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. <ul style="list-style-type: none">• S2.H1 Movement concepts, principles & knowledge

Setup

- Everyone stands on the end line.
- Divide playing space into four sections.



Activity Instructions

- Participants all start in the same section and challenge someone next to them to a game of rock, paper, scissors, using their bodies.
- They face each other, jump three times, and choose:
 - Rock – squat and curl up in a ball
 - Paper – Stretch out arms and legs
 - Scissors – Cross arms and legs
- Same rules apply as regular rock, paper, scissors.
- Winners advance to the next section.
- Losers stay in their section until they win.
- The overall winner is the participant who wins the final round in the last section; a new game can then begin.