

OVERVIEW

DURATION	30 mins
AGES	10 - 100
PACE	4.70 - Easy jog
RPE	4.0 - Somewhat Hard
MILES RATING	2.35
STAGE(S) OF ATHLETIC DEVELOPMENT	Active for Life Learn to Train (Age 9-12)
SKILL LEVEL	Intermediate
DEVELOPMENT FOCUS	Fundamental Movement Skills Locomotor: Running Life Skills Social: Working with others
EQUIPMENT	Cones
ENVIRONMENT	Field
CAN BE USED AS...	Game / Activity
SHAPE America Standards:	Standard #1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. <ul style="list-style-type: none">• S1.M24 Individual-performance activities



Setup

- Pair up participants.



Safety

- Spatial awareness



- Each pair plays a game of rock, paper, scissors while performing squats.
- The winner directs the non-winner to run to a new spot where they perform another exercise, then climb a hill or stairs and return to the central activity site.
- Once there, they pair with a new partner for a new game of rock, paper, scissors with a new challenge (e.g. jumping jacks, plank).



Modification

- Encourage participants to hop, skip, or jump around the playing area