

OVERVIEW

DURATION	5 mins
AGES	12 - 16
PACE	0.00 - Stationary
STAGE(S) OF ATHLETIC DEVELOPMENT	Train to Train
SKILL LEVEL	Intermediate
DEVELOPMENT FOCUS	Life Skills Social: Working with others Physical Capacities: Strength
ENVIRONMENT	Classroom, Field, Gym, Hallway, Track
CAN BE USED AS...	Game / Activity, Warm-up
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.H3 Fitness activities

Setup

- Participants form pairs.



Activity Instructions

- Each pair faces each other and plays rock, paper, scissors.
- Winner gets into squat position.
- Continue playing until the standing participant wins and gets to squat while the other participant stands up.
- Change partners every minute and play using non-dominant hand.