



## Rock-Paper-Scissor Exercise

### Equipment:

- Tape
- Cones

### Skill Emphasized:

- Communicative (Social), Cardio/Aerobic (Motor)

### Organization:

- 1) Use tape to make two lines parallel from each other
- 2) According to how many players participate arrange one cone 10 to 20 feet behind each player (base on the room you have available)

### Instructions:

- 1) Form two lines of players across from each other (arms length space in front) each line will represent two teams
- 2) Two players across from each other will face off in an epic battle of rock, paper, scissors
  - a. **rock**: will be represented by the player bending down to the ground and grabbing their knees
  - b. **paper**: will be represented by the player putting their arms straight out
  - c. **scissors**: will be represented by the player making arm chopping motion
- 3) The player that wins will earn one point for their team, and the loser will have to run a pacer to the cone located 10 or 20 feet behind them and back (**rock**: beats scissors, **paper**: beats rock **scissors**: beats paper)
- 4) The team at the end with the most points will get to decide what cardio/aerobic exercise they want the losing squad to do, this can include push ups, squats, pacers, burpee etc.
- 5) The game can be played in rounds and those rounds can be based on repetitions, 1st round: 5 repetitions 2nd round: 10 repetitions, 3rd round: 15 repetitions (these will represent the number repetitions of exercises the losing team will have to do for that round)

### Progressions:

- Exercises, and repetitions can be adjusted to be more or less intense, also extra rounds can be added for a lengthier game.



**Pacer**



**Rock**



**Scissor**