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.