



PHYSICAL EDUCATION

ROCK, PAPER, SCISSORS

EQUIPMENT

No equipment required, unless you want to log the scores on a piece of paper with a pen.

SKILLS & LEARNING:

Fun, balancing shapes, competition, technique, core engagement

RULES

On a countdown from 3, both players will act at the same time, as with normal rock, paper, scissors

Players must select which they are going to choose...

For ROCK: players must crouch down and complete a forward roll (for beginners, a tucked crouch position without the roll as a substitute)

For PAPER: players must get into the press-up position, and widen their arms to hold a 'wide plank' balance

For SCISSORS: players must sit down and hold a v-sit position, slowly moving alternate legs up and down

MAKE IT HARDER

Try changing the movements/balances – you choose what "rock/paper/scissors" look like

For each, hold the pose/balance for 10 seconds, or for "rock", complete 3 forward rolls

Plan a competition, and host it for everyone in your household. Keep a "league table"

MAKE IT EASIER

Try changing the movements/balances – you choose what "rock/paper/scissors" look like – simplify the balance or action

