

Warm up for PE with **imoves**

Rock Paper Scissors

Work as a team and be the last team with the most players!



20 minutes of FUN

4-11 For all ages

6+ players



Challenge

5-6 years:

As in the instructions.

7-9 years:

Each team decides which item they will be. Either rock, paper or scissors and they must keep this item the whole way through the game.

10-11 years:

Play this game against the clock and give the game a time frame to be completed within.

Resources

Hoops

Start cone



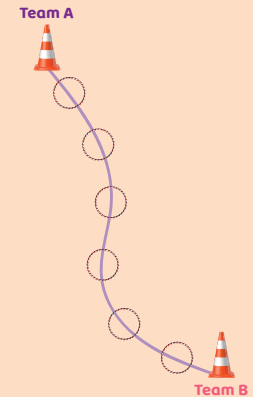
Game set up and rules

Split the group into two teams. One team to stand at one end of the path/track and the other team to stand at the opposite end.

Each team will stand single file lines behind their starting cone.

Use enough hoops for each set of pairs.

When the coach calls "go" the person at the front of each line must hop or jump forward (following the path of hoops). When each person meets each other from the opposite team, they must do "rock, paper, scissors" with their bodies:



Rock is **CROUCHING**



Paper is **STAR SHAPE**



Scissors is a **DAB**



The winner carries on with journey along the path and the loser joins the back of their own line. The next person from the losing team must then hurry along the path to meet their opposition. The team that reaches the opposite end of the path first gains a point.

Teacher's Notes

Blank area for Teacher's Notes.