



Rock Paper Scissors “evolution”

Purpose:

Engage the entire class through physical activity in particular co-ordination, team work and cognition.



Equipment required:

No equipment required for this ice breaker/energiser/warm up. This activity can be done in the classroom or outside.

Procedure:

You can use the traditional Rock Paper Scissors or the entire body for this activity. Scissors-arms and legs are moving past one another in a scissor like motion, Paper-arms and legs are extended, and Rock-curl the entire upper body into a ball and squat at same time. Stand back to back and then jump 3 times then turn to reveal your position to see how you go.

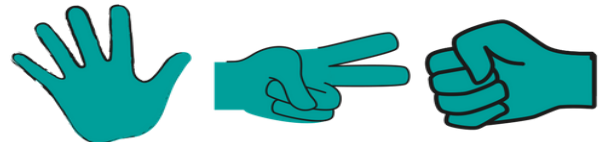
All students start as “Eggs” – walk around with hands on hips, if they win they evolve and become a “Chicken” – walk around flapping wings, win again they become a “Dinosaur” – stand tall arms above head, and finally if they win again they become the “Boss” – stands to the side and watches. Remember you can only challenge your own species. Students will love it!



Olympic Paper Scissors Rock

Purpose:

Quick and easy activity to set up, this energiser keeps the student's moving and focusing on the activity.



Equipment required:

- There is no equipment required for this activity.

Procedure:

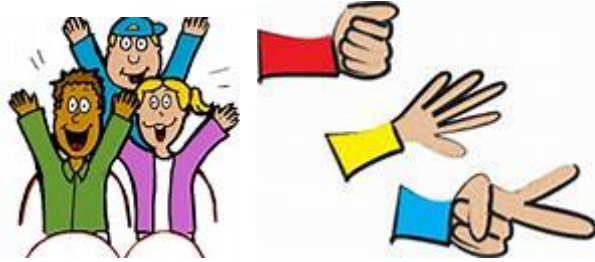
1. Students make their way to the back of the room or one end of a rectangle grid this is "bronze". The middle of the room/grid is "silver" and the front of the room/grid is "gold".
2. Explain the body positions. Go through rules.
 - Scissors=arms crossing over at front
 - Paper=arms and legs spread out like a static star
 - Rock=squat and curl upper body into a ball.
3. Stand back to back with partner and start "Scissors-Paper-Rock" then turn around quickly with your chosen position to see who wins.
4. Winner moves forward to challenge a new partner, if you miss out student stays where they are to challenge a new partner. Keep moving while you wait for a player, try star jumps, burpees, tuck jumps, etc.
5. If you make your way all the way to 'Gold' at the front of the room/grid you must win 3 out of 3 at the front to take the 'Olympic Glory'.



Rock Paper Scissors “cheer squad”

Purpose:

Engage the entire class through physical activity in particular co-ordination, team work and cognition.



Equipment required:

No equipment required for this ice breaker/energiser/warm up. This activity can be done in the classroom or outside.

Procedure:

You can use the traditional Paper, Scissors, Rock or the entire body for this activity. Scissors-arms and legs are moving past one another in a scissor like motion, Paper-arms and legs are extended, and Rock-curl the entire upper body into a ball and squat at same time. Stand back to back and then jump 3 times then turn to reveal your position to see how you go. If they win they move to find a new challenger, if you miss out on winning you become a cheer squad for the winner and really encourage – cheer go wild for them. Finally there will be a play off between two students with lots of cheers from both teams. This final challenge can be the best of three. Variations include, the train ride, students become carriages and place their hands on the winner’s shoulders.