



Physical Activity Lesson Plan: Rock-Paper-Scissors Triple Battle

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This lesson is focused on the activity Rock-Paper-Scissors. There will be 3 different battles "games" within this lesson. All require teamwork, following directions and good sportsmanship.

Group Size: 20-30

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

Poly Spots (1 for every 2 students)

Beanbags 20-40

Lesson Objective #1:

To follow all rules of each game and show good sportsmanship.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

2 Coaches have a battle of Rock-Paper-Scissors. Play the best out of 3. Then show the students the 3 signs and how they beat each other. Give students 1-2 minutes to practice with someone right beside them.

Instructions:

RULES:

ROUND 1: Team Challenge

1. The teacher sets up the playing area that is divided in half by a center line. (Basketball court is a good size and the half-court line would be the center line.)
2. On both sides, make a line of polypots about a foot away from the center line. In between the lines, the teacher places a bunch of beanbags. At the back of each zone, the teacher establishes an endzone area. (baseline area of the basketball court will work well)
3. Each team will wait in their endzone, until the signal. On "go", players race to a polypot that is on their half of the playing area.
4. When players get to a spot, they shake hands with the player from the opposing team that is standing opposite of them and then play a round of Rock-Paper-Scissors. *teacher decides if they play a single or best out of 3; tell students before the activity starts.
5. Once a player has won the round, the two players high five and the player that won picks up a beanbag. Both players return to their endzone (the player that won leaves the beanbag in his endzone).
6. Before being able to go back to a spot, each player has to perform five jumping jacks. Students do not have to return to the same spot, they can go to any open spot.
7. Play continues until there are no beanbags left in the center of the playing area.

ROUND 2: Spot Jump Challenge

1. Each team now forms a single-file line in their playing zone. (the start of the line should be around the volleyball endline) Place 5-7 polypots in a straight line, aligned with each team's line.
2. On "go", the first player on each team jumps with 2 feet on each polypot until they meet in the middle. Players then play a single round of Rock-Paper-Scissors.
3. The player who wins the round gets to move to the next spot that is closest to the other team's line. The player who does not win, gets off the spots and returns to the back of their team's line. The next player in line goes to meet the player who won, as soon as his teammate is off the spot.
4. Teams go back and forth like this until a player successfully makes their way past the final spot.

ROUND 3: Rock-Paper-Scissors Tug-O-War

1. This round, remove the poly spots.
2. Play the same as Round 2, except now students can run. They do not have to jump on the poly spots. K-1 may need to walk or gallop. I wouldn't start with running.
- 3-5: Once the class understands and follows the rules, set up multiple smaller games with teams of 2-3, that way they get more reps.

SAFETY:

-Tell students to slow down before they meet a person in the middle. They should have space between them and the other player.

Checking for Understanding:

Watch to make sure students are following rules and that they understand the concepts.

Lesson Adaptations

Time Adaptations:

Play more or less rounds based on your time allotment.

Location Adaptations:

This can be played in any open area. If there are no lines on the floor, use a cone to mark the starting point and half line.

Age Adaptations:

K-1: I would not play round 3 with them. Stick to round 1 and 2. Adjust how they are allowed to move. (Ex. no running, you have to gallop)

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: