



Physical Activity Lesson Plan: Rock-Paper-Scissors Relay

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This game incorporates racing through hoops until you meet another person. Then, you and that person must play rock-paper-scissors. The goal is for your team to get to the other teams' buckets and take their points.

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:

Hula Hoops or Poly Spots (if you don't have hula hoops)

4 buckets

4 cones

40-50 coins (play cones or real coins; could also use popsicle sticks cotton balls, etc.)

Lesson Objective #1:

To encourage teammates in a rock, paper, scissors competition.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Two coaches can play Rock-Paper-Scissor best out of three in front of the group.

Explain to students that scissors cut paper, paper covers rock, rock breaks scissors.

Instructions:

SET-UP:

1. 4 cones; making a "+" shape

2. place hoops side-by-side connecting the cones; + shape

3. Place a bucket by each cone. Fill the bucket with coins.

Rules:

1. One student from each team jumps through the hoops.
2. Students must jump into each hoop to move across the game board.
3. Their goal is to make it to another teams cone in order to earn one of their tokens to take back to their team's bucket.
4. As the student is jumping, they may come head to head with another student. These 2 students play Rock-Paper-Scissors (RPS).
5. The winner of RPS gets to keep jumping. The student that loses, steps out of the hoop, runs back to their team and gets in the back of the line.
6. As soon as a student steps out of a hoop (off the playing board) the next person on that team can begin. The same happens if a student makes it to another teams cone; that student steps out of the hoop (which allows their next teammate to begin) they then can get a token and run it back to their team's bucket.

Checking for Understanding:

Do students understand RPS?

Are students playing the game correctly?

Lesson Adaptations

Time Adaptations:

This game is flexible. If you need to speed it up you can set a points number that they are trying to achieve in order to win the entire game.

Location Adaptations:

Can be played anywhere with a fairly open space.

Age Adaptations:

K-1: You could have 1 large line connecting one team to another, instead of having 4 lines. If so, you don't even have to have the bucket. The teacher could keep score.

Learning Style Adaptations

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