

## **DPA Activity Idea 7: Rock, Paper, Scissors**

**Ages appropriate for:** Grades K-6

**Equipment needed:** Pylons to indicate safe lines and the centre line



### **The Nitty Gritty:**

1. Split the playing area into two and place pylons at the end of each side approximately 2-3 metres from the wall indicating a line. Divide the participants into two teams facing each other at the centre of the activity space, one to two meters apart. Each team huddles up and secretly decides if they would like to be “Rock” (crouched down with body shaped like a ball), “Paper” (standing with arms and legs wide), or “Scissors” (standing with arms up and crossed and legs crossed in front).
2. When the teams are ready, they stand in a line facing each other in the center of the playing area. Students chant together “Rock, Paper, Scissors, Rock, Paper, Scissors, Rock, Paper, Scissors” (while doing the actions), then each group shows their choice.
3. The side that wins the RPS challenge chases the other side back to their line. Anyone tagged becomes a new participant on the other team.

**Variation:** Change the rock to wrapping arms around self for students in a wheelchair or for those that find it a challenge to get down to the floor. To play this activity in the classroom or small space, give the team a point if they win the RPS challenge and do not have them chase each other. The teacher can also call out “three, two, one, choose!” instead of the teams chanting and performing the actions.

### **How to tie it into the curriculum:**

Health and Literacy - Have students create their own version of the rock, paper, scissors body challenge by having them come up with health-related words and actions.

**Source:** DPA for the substitute teacher