

Description of Activity

Arrange pupils in pairs, standing one metre apart and facing each other. All pairs line up along a centre line with a safety line positioned twenty metres behind both sets of pupils. Each pair begins by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper. To determine a winner, pupils count to three and form a rock, paper, or scissors. The winning pupil then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.



Variations

- Use whole body rock, paper, scissors movements instead. Rock is a crouched body position. Paper is a standing, arms stretched up position. Scissors is an arms outstretched to the side position.
- Begin from a seated on the floor position.
- Vary the locomotor skill used to move, e.g. skipping, hopping.

Equipment

An open playing area, cones, spot markers



- For safety purposes ensure pupils run in a straight line to the safety lines.
- Ensure there are no hazards on the ground and position safety lines at least five metres from any walls or boundaries to allow a sufficient distance to slow down.



- Play this game in the yard.



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