



Get Set 4 P.E.

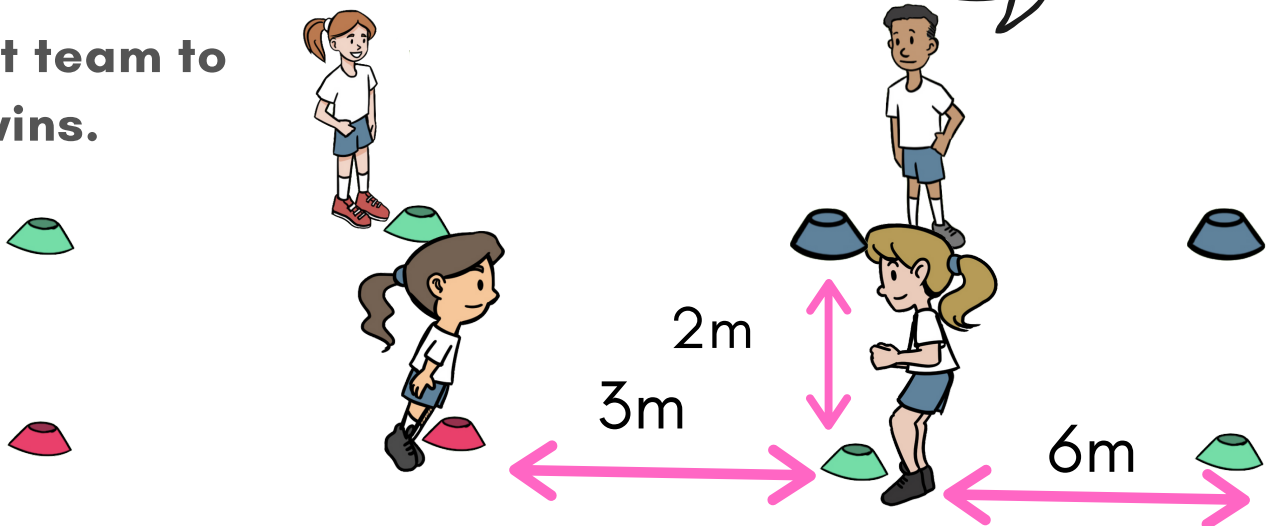
Rock, paper, scissors

What you need: two cones or chalk or lines on the playground per player.

How to play:

- Split your group into two teams.
- Children stand at their marker 2m opposite one player from the opposing team.
- Players jump on the spot three times before jumping on the fourth jump either with their feet landing together to represent 'rock', feet landing straddled wide to represent 'paper', or landing with feet one forwards and one backwards to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- After each game all players turn and run to the marker behind them and back before playing another game.
- Rotate your opponent every three games.
- Teams add their points together.

**First team to
15 wins.**



Considerations:

- Ensure children are spaced out the appropriate distance apart.
- Select one pupil from the group to add their teams totals together.