

Paper Scissor Rock Split

PLAY

It is a twist on the classic rock-paper-scissors game, incorporating balance and physical coordination. The goal is to outmanoeuvre your opponent in both strategy and balance.



Learning Intentions

Develop Balance and Physical Coordination:

Students will improve their physical coordination and balance by participating in a dynamic game that challenges their ability to maintain stability while engaging in strategic movement.

Enhance Strategic Thinking:

Students will practise strategic decision-making as they anticipate their opponent's moves in a twist on the classic rock-paper-scissors game, combining physical and mental agility.

Foster Healthy Competition and Sportsmanship:

Students will engage in friendly competition, learning to balance competitiveness with sportsmanship as they interact with peers in a fun and supportive environment.



Success Criteria

Effective Balance and Coordination:

Students demonstrate the ability to maintain balance while engaging in the game, successfully executing the movements required to win rounds without losing stability.

Strategic Use of Hand Gestures:

Students effectively use strategy in their choice of rock, paper, or scissors, adapting to their opponent's moves and making calculated decisions to outmanoeuvre them.

Positive Engagement and Sportsmanship:

Students participate enthusiastically, showing good sportsmanship by encouraging their peers, respecting the outcomes of each round, and celebrating their and others' successes.



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Objective:

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Players:

Two players per round, making it ideal for one-on-one challenges or tournament-style play in larger groups.

Materials:

No materials are needed, just enough space for players to stand and move.

Setup:

- Players face each other, standing straight.
- Position feet so each player's front heel touches the other's toes, forming a line.

Gameplay:

- **Balancing:** Players must maintain their balance throughout the game, grounded on their feet.
- **Hand Gestures:** Each player makes a fist with one hand, playing rock-paper-scissors with the chant "one, two, three, split."
- On "split," both players simultaneously reveal their hand gestures: rock (fist), paper (flat hand), or scissors (two fingers extended).
- **Rules:**
 - Rock beats scissors.
 - Scissors beat paper.
 - Paper beats rock.
- **Movement:**
 - The winner of each round steps their front foot backward.
 - The loser must 'split' by sliding their front foot forward to where the winner's toe was.
- If a round is a tie (same gestures), it is replayed without movement.
- **End Game:** The game continues in rounds until one player splits so far that they lose balance and fall.
- The player who remains standing is declared the winner.



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Winning the Game:

The winner is the player who maintains balance while forcing their opponent to split beyond their ability to stay upright.

Variations for Different Settings:

- **Children's Edition:** Focus on fun and include creative hand gestures.
- **Fitness Edition:** Incorporate additional physical challenges or exercises for the losing player each round.
- **Team Edition:** Play in a tournament where winners face off until a final champion is determined.

Additional Notes:

- Encourage players to focus on balance and strategy, making the game both mentally and physically engaging.
- It is a fun and interactive game that can be played anywhere, providing both laughter and a test of coordination.
- It is ideal for ice-breaking sessions, parties, or competitive play among friends.

