

# INSTRUCTOR

PSR



the school of  
**PLAY**

The logo for "the school of PLAY" features the word "PLAY" in a large, bold, sans-serif font. Each letter is a different color: P is red, L is yellow, A is green, and Y is blue. Above the letters is a stylized graphic of four white lines forming a diamond shape, resembling a paper airplane or a fan.

# Instructor PSR (Paper Scissors Rock)

## Instructions

### Objective:

A high-energy, group-wide version of the classic game Paper Scissors Rock, led by an instructor. Participants compete against the instructor in a full-body version of the game, earning points and performing various physical activities based on the outcome of each round. The goal is to accumulate the highest score over a set time frame.

### Players:

Suitable for large groups, perfect as a session starter or finisher.

### Materials:

- An open space for participants to move around.
- No additional materials are needed.

### Setup:

The instructor positions themselves in front of the group, visible to all participants.

### Gameplay:

- Full-Body PSR: Participants and the instructor play full-body paper, scissors, rock. Count down with three jumps, and on "one," everyone reveals their choice.

- **Scoring:** If a participant wins against the instructor, they earn two points. A tie earns one point, and a loss earns no points.
- **Physical Activities:** Depending on the outcome of each round, participants perform specific movements:
  - **Win:** Hold a static position (plank, wall sit, squat hold, v-sit hold).
  - **Draw:** Complete ten reps of an exercise (squats, sit-ups, push-ups, or burpees).
  - **Lose:** Run a short distance (50 to 100 meters).
- **Continuous Play:** The next game starts once players return from their run or complete their exercises from a draw.

## **Winning the Game:**

The player with the highest score after five minutes is declared the champion.

## **Variations for Different Settings:**

- **Children's Edition:** Simplify the exercises and use shorter distances for running.
- **Fitness Edition:** Increase the intensity of the static holds and exercises.
- **Team Building Edition:** Encourage teamwork by having participants cheer on and motivate each other.

## **Additional Notes:**

- Instructor PSR is an entertaining and active game that brings laughter and energy to any group setting.
- It's an excellent way to engage participants in physical activity while enjoying the fun competition.
- The game is versatile and can be adapted to different group sizes, ages, and fitness levels.