



INSTRUCTOR

PSR



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.

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- 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.




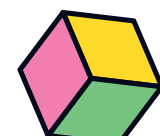

Winning the Game:

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

Variations for Different Settings:

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- 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:

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- 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.