

PSR Master

PLAY

To play an energetic, full-body version of Paper, Scissors, Rock while incorporating physical activities based on the outcome of each round. The goal is to accumulate the highest score by participating actively and completing the challenges after each round.



Learning Intentions

I can follow directions and participate in fun physical activities:

Students will learn to follow the instructor's (Teachers) commands, engage in full-body movements, and develop physical coordination while having fun.

I can cooperate with others while participating in group games:

This activity encourages students to be active in a group setting, promoting teamwork and friendly competition.

I can understand the outcome of my choices in a game:

Students will practice making decisions (in the form of **Paper, Scissors, Rock**) and learn the outcomes—win, draw, or lose—and the physical activities associated with each outcome.



Success Criteria

Active Participation in Full-Body Movements:

Students actively participate in the full-body version of **Paper, Scissors, Rock** by making their choices and performing the corresponding physical activity based on the outcome.

Engagement and Enthusiasm:

Students maintain a high level of enthusiasm throughout the game, showing positive energy during each round and engaging in the physical exercises.

Fair Play and Cooperation:

Students demonstrate good sportsmanship by following the rules and encouraging others, whether they win or lose.



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Objective:

To play an energetic, full-body version of **Paper, Scissors, Rock** while incorporating physical activities based on the outcome of each round. The goal is to accumulate the highest score by participating actively and completing the challenges after each round.

Players:

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

Materials:

No materials are needed—just enough space for students to move around and perform physical activities.

Setup:

The master stands in front of the group, ensuring everyone can see them and is ready to play.

Explain the basic rules of **Paper, Scissors, Rock** (paper beats rock, rock beats scissors, and scissors beat paper), but in this version, players will use their whole body to represent their choices.

Gameplay:

Full-Body PSR:

- The instructor counts down: "3, 2, 1," and on "one," everyone shows their choice of **Paper, Scissors, Rock** using full-body actions.
 - **Paper:** Stretch both arms and feet out wide like a wide sheet of paper.
 - **Scissors:** Both arms out in front moving up and down to form a scissors action (think a chomping crocodile motion using your arms and hands).
 - **Rock:** Squat down and tuck your arms around your knees like a strong rock.

Scoring:

- If a student wins against the instructor's choice, they earn 2 points.
- If they tie, they earn 1 point.
- If they lose, they earn 0 points.



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Physical Activities Based on the Outcome:

Depending on the outcome of the round, the instructor will call out a physical activity:

- **Win:** Hold a static position for 20 seconds (like a plank, wall sit, or squat hold).
- **Draw:** Complete 10 reps of an exercise, such as squats, sit-ups, push-ups, or burpees.
- **Lose:** Run a short distance (50 to 100 meters, depending on the space available).

Continuous Play:

After the physical activity, the next round of **Paper, Scissors, Rock** begins. Students can keep playing until the set time ends.

Winning the Game:

The student with the most points at the end of 5 minutes is the winner and is crowned the champion of **PSR Master**!

Variations for Different Settings:

Children's Edition:

Use simpler exercises for younger students, such as clapping 10 times for a draw or having them run a shorter distance. This keeps the game fun and accessible for all students.

Fitness Edition:

Increase the intensity of the physical activities, such as longer static holds or additional exercises like jumping jacks or mountain climbers for the draw.

Team Building Edition:

Encourage teamwork by having students cheer each other on during the exercises or runs. You could also keep track of team scores and have students work together to motivate each other.

Additional Notes:

PSR Master is an exciting, active game that combines quick thinking, physical fitness, and fun competition. It's a great way to energise students while helping them improve their coordination and teamwork skills. The game can be adapted for different age groups, fitness levels, and group sizes, making it a versatile and enjoyable activity for any session.

