

# Paper Scissor Rock Split

Quick and Easy

PLAY

**Paper Scissor Rock Split is a twist on the classic rock-paper-scissors game that incorporates balance and physical coordination. The aim is to outsmart and outbalance your opponent by strategically choosing your hand gesture while maintaining your stability, eventually forcing your opponent to lose their balance.**



## Family Objects

### **Develop Balance and Physical Coordination:**

Family members improve their balance and coordination by engaging in a dynamic game that challenges them to maintain stability while moving and strategising.

### **Enhance Strategic Thinking:**

Participants practise making quick, calculated decisions as they anticipate their opponent's moves in this twist on the classic rock-paper-scissors game, blending mental agility with physical movement.

### **Foster Healthy Competition and Sportsmanship:**

By playing in a fun and supportive environment, family members learn to balance competitiveness with good sportsmanship, encouraging and celebrating each other's successes.



## Success Milestones

### **Effective Balance and Coordination:**

Players consistently maintain their balance during each round, executing the required movements to win without losing stability.

### **Strategic Use of Hand Gestures:**

Participants make smart decisions by choosing rock, paper, or scissors based on their prediction of their opponent's move, demonstrating both mental and physical agility.

### **Positive Engagement and Sportsmanship:**

Family members participate enthusiastically, showing respect for one another's efforts, offering encouragement, and celebrating every win and well-played round.



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## Objective:

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## Players:

- Played in pairs, 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 safely.

## Setup:

### 1. Player Positioning:

- Two players face each other and stand straight.
- Position your feet so that each player's front heel touches the other's toes, forming a small line between you.

## Gameplay:

### 1. Balancing:

- Both players must maintain their balance throughout the game while staying grounded on their feet.

### 2. Hand Gestures:

- Together, players form a fist with one hand as they prepare to play.
- On the chant "one, two, three, split," both players simultaneously reveal their hand gesture:
  - **Rock:** A closed fist.
  - **Paper:** An open, flat hand.
  - **Scissors:** Two fingers extended.
- Standard rules apply: Rock beats scissors, scissors beat paper, and paper beats rock.

### 3. Movement:

- The winner of each round steps their front foot backward.
- The losing player must "split" by sliding their front foot forward to where the winner's toe was.
- If both players choose the same gesture, it's a tie and the round is replayed without any movement.

### 4. Game Continuation:

- Rounds continue with players alternating turns and adjusting their foot positions.
- The challenge escalates as one player is forced to slide further forward each round.



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## Winning the Game:

- The game continues until one player loses balance and falls due to excessive forward splitting.
- The last player remaining standing is declared the winner.

## Variations for Different Settings:

### • Children's Edition:

Use fun, exaggerated hand gestures and encourage creative, playful movements to keep it light-hearted and accessible.

### • Fitness Edition:

Incorporate additional physical challenges or exercises for the losing player each round (e.g., a short set of jumping jacks or squats).

### • Team Edition:

Organise a tournament where winners from each pair face off until a final champion is determined, emphasising team support and strategic planning.

## Additional Notes:

Paper Scissor Rock Split – Family Edition is a fun and interactive game that combines mental strategy with physical balance. It's a great icebreaker or party game that encourages laughter, competition, and positive interaction among family members.

Whether you're playing casually or in a tournament-style format, this game challenges both your mind and body while creating an environment full of support and friendly competition. Enjoy the game and celebrate every clever move and balanced stance!

