

juniors

ULTIMATE ROCK, PAPER, SCISSORS



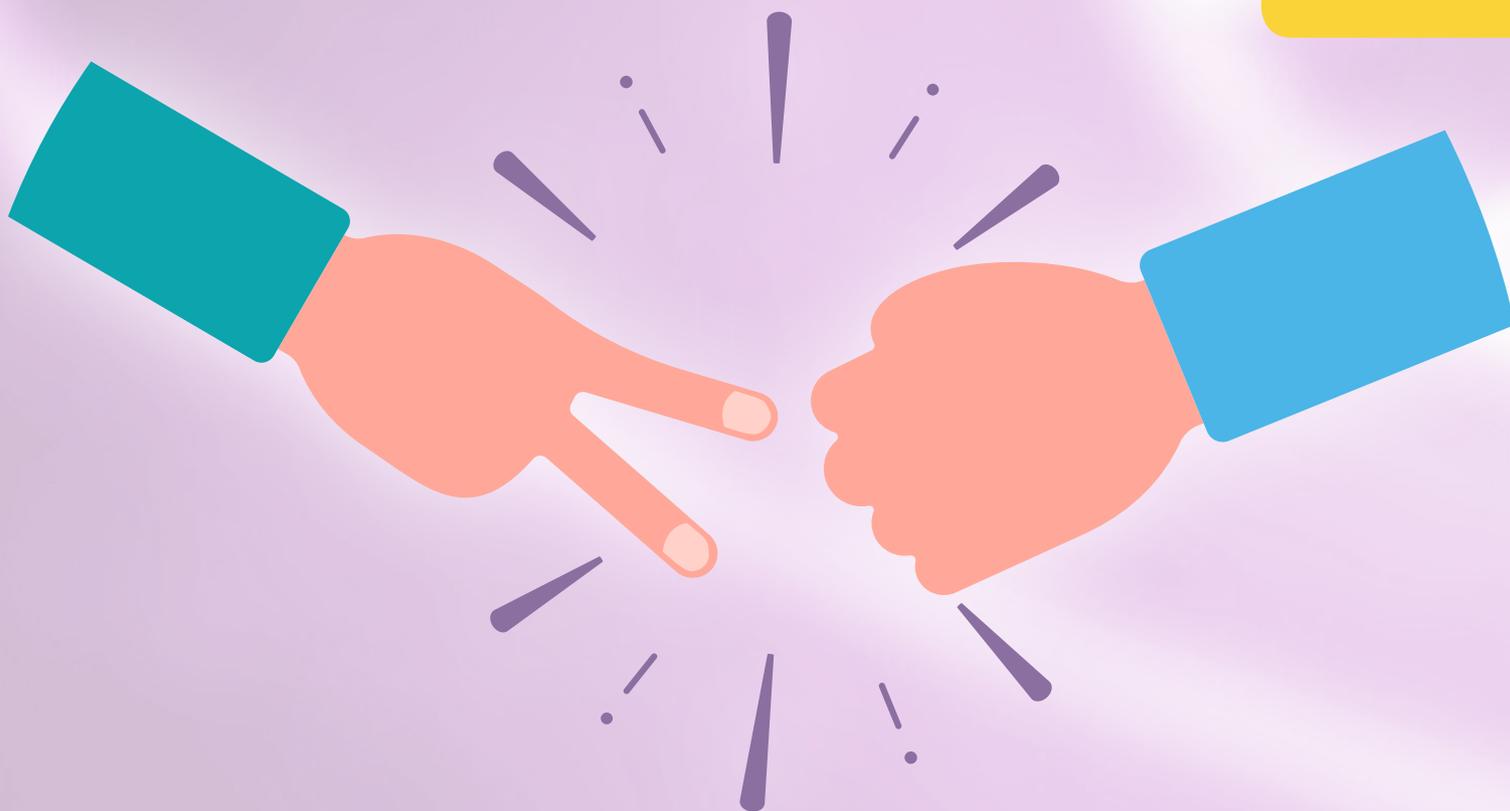
GET ACTIVE



10 MINUTES



IN THE
CUPBOARD



AIM

Getting your group active, whilst challenging them to make quick decisions in order to win points for their team. A great game for all spaces and requires just some cones/markers to play.

WHAT YOU'LL NEED

- 20 cones or markers
- 2 teams

GET ACTIVE: ULTIMATE ROCK, PAPER, SCISSORS

THEME: PLAYING GAMES



LEADER PREPARATION

Very little preparation is needed for this activity, which makes it a great game to call on at the last minute or when you need to fill 10 minutes.



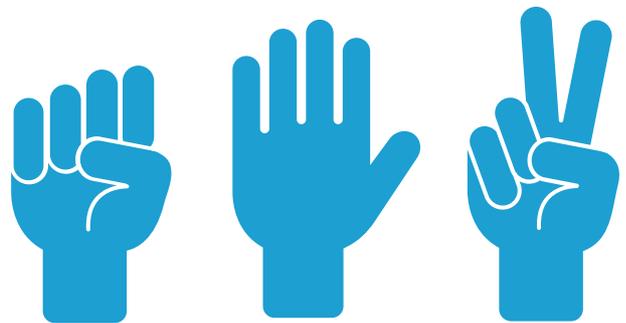
GETTING INTO THE ACTIVITY

Set up your room for the game by creating a line of cones with about half a metre between each one. The line doesn't have to be straight, it can snake around the room, but it does need to have two ends to it. Split your group in half, with one team lined up at one end of the cones and the other team lined up at the other end.

On **GO**, the first player from each team starts jumping (two-footed jump) from one cone to the next, until they meet the player coming from the other end.

When the two players meet they play a round of '**Rock, paper, scissors**'. The loser is knocked off the line and must return to the back of their team's line. The winner carries on jumping (two-footed jump) towards the other team, whilst the team which lost sends their next person jumping down the line.

This carries on until one team member makes their way all the way to the opposite end and scores a point. Once a point is scored, restart the game. Keep playing for your desired time and the winning team is the team with the most points at the end.



IDEAS TO TAKE THIS FURTHER...

Change up the points system. You could award a point for every time a team defeats a challenger on the line and then award 10 points for when a team makes their way to the end of the line and wins that round.



KEEPING EVERYONE SAFE

Make sure the space you are using is appropriate for the game and free from any obstacles or dangers.