Rock-Paper-Scissor

Olympics

Grades K-12

Equipment: Olympic themed music

Warm-up

\*3 Zones – Gold, Silver, Bronze

\*Everyone starts in Bronze

\*If you win move up to silver, from silver to gold, at gold you work to win as many gold Medals as you can.

\*If you lose you move down to silver, from silver to bronze: at bronze you keep trying until you move up.

 \*Play with as many partners as you can.

Play with traditional “hands”, take heart rate, then play with feet and take heart rate.

Discussion Questions

\*Which version of R-P-S is healthier for the heart?

\*Why?

\*What causes the heart rate to increase?