



## Ready...

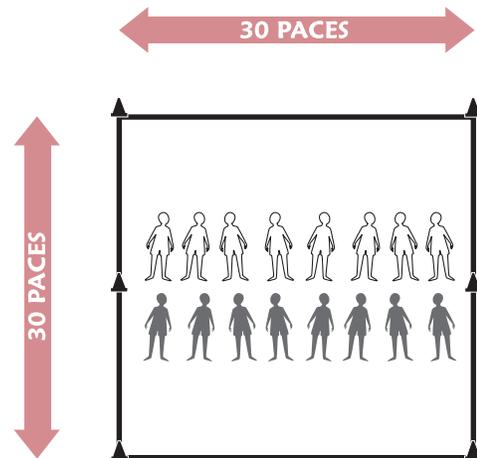
- 6 cones (for center and boundary lines)

## Set...

- Create large (30X30 paces) activity area.
- Place 1 cone on each sideline, at midfield.
- Pair students in partner face-off at midfield.

## GO!

1. The object is to return home without being tagged.
2. On signal, play Rock-Paper-Scissors with your partner at the midfield line. Hold 1 palm open. With the other hand, pound your fist on your open hand and say, "1-2-3." (Show your choice on 3.)
3. Choices are rock (fist), paper (open hand), or scissors (peace sign). Rules are: rock crushes scissors, scissors cuts paper, paper covers rock.
4. The victors are "It," and Its chase your partners towards the opposite endline.
5. Chasers score a point if you tag your partner before they cross their endline. Fleers score a point if you cross your endline without being tagged.
6. Return to the midfield line quickly, and repeat the game.



### CHALLENGES

- ★ How many times can you tag your partner?
- ★ How quickly can you be ready for the next round?

### CUES

- ★ Tag your partner gently with a 2-finger tag.

## ★ Scattered Tag

Start scattered anywhere in the activity area with your partner. Play Rock-Paper-Scissors and the winner is “It.” When you tag your partner, you score a point. Immediately play another round.

## ★ Active Rock-Paper-Scissors Tag

Same game, but Rock = low level, curl body to look like a rock; Paper = stand tall on tiptoes, with arms fully extended; Scissors = stand with arms and legs in scissors position (one forward, one back).

## ★ Eat Right Tag

*(Students in pairs; partner face-off at midfield line.)*  
Half of you are the “Healthy” foods, and the other half are the “Junk” foods. If I name a healthy food, the Healthy foods are “It,” and chase the Junk food to their endline (and vice versa). When tagged, join the other group. *(Start with obviously healthy or “junk” foods. Gradually become more subtle to promote nutrition discussions.)*



## FUN FACT

**Believe it or not, there is an “official” Rock-Paper-Scissor organization. The World RPS Society claims they have been “serving decision makers since 1918.” What will they think of next?**

### STANDARDS ADDRESSED

#### NASPE

#1, 2 Spatial and body awareness, chase, flee, dodge

#3, 4 Cardiovascular endurance, agility

• #5, 6 Cooperation, accepting challenges

**Your State** (Write in here)

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### PAULA'S POINTERS

- Use flag belts, and have students pull each other's flags instead of tagging.
- Encourage students to return quickly to the midfield line to play again.
- Rotate partners often.
- Extend the distance from midfield line to endline to increase running time.

### NOTES

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