

GIANT SCISSORS PAPER ROCK (5 Minutes)

WHY: Upbeat energizer and ice breaker activity.

HOW:

How To Complete:

- Explain that this activity is like traditional scissors, paper, rock... however, we are going to use our bodies for the actions.
- With the students still seated, demonstrate the 3 actions: scissors (two arms out like scissors) paper (arms straight up in the air) and rock (squatting down with hands on head).
- Explain that when the game begins the students will need to find a partner and stand back-to-back with them.
- Let them know you will count the students in with a 'One, Two... Three!' – and then they need to jump around and assume an action.
- Explain these rules (as per tradition)
 - Rock beats scissors
 - Scissors beats paper
 - Paper beats rock
- Demonstrate how one will beat the other or it will be a draw by using one of these three actions which look like a scissors, paper, rock. The pair needs to keep tally of their score.
- Ask the students to wait for you to count them in but to find a partner and stand back-to-back with that partner (waiting for the count in).
- Blow the whistle to signify students to stand back to back in order to start the next round and proceed to say 'One, Two... Three!'.
- Do best of three and if you have time ask the students to find a new partner and commence the activity over again.

SAFETY:

- Be aware of people around you when doing movements