

KARATE KID / HUNTER / BEAR (5 minutes – if needed)

WHY: To get the students up and moving and energise them.

HOW:

How to complete:

- Explain that this activity is like a giant version of the game scissors, paper and rock.
- Demonstrate to the group the three different actions and noises for the three different characters in the game.
- Explain the rules:
 - The Karate Kid defeats the Hunter by kicking his shotgun out of his hand
 - The Hunter uses his shotgun to defeat the Bear
 - The Bear scares off and defeats the Karate Kid
- Pair off the group and ask them to stand back-to-back with their partner
- On the count of three, ask all pairs to jump around and face each other, performing their action and noise
- Do best of three and if you have time ask the students to find a new partner and commence the activity over again.

WHEN:

- This activity is a great way to finish a session or create energy if people are tired.