

ROCK, PAPER, SCISSOR

Notes to instructors:

Rock, Paper, Scissor is a fun and useful game that can be played in many ways. Encourage students to use RPS when facing unresolved issues or group decisions. Let RPS resolve the issue before it becomes a conflict.

Rules: On the start signal, all 2 or 3 players will call out, "Rock, Paper, Scissor, SHOW!" As you say "show," all players will show rock, paper, or scissor. **Rock beats scissor, scissor, beats paper, and paper beats rock.**

- Whoever wins gets to watch the other player perform their exercise according to the chart.

ROCK	Exercise: 10-Second Plank Hold (or) 5 Push- Ups
PAPER	Exercise: Hamstring Stretch (or) Shoulder Stretch
SCISSOR	Exercise: 15 Jumping Jacks (or) 30 Invisible Jump Ropes

