# Paper, scissors, rock

Taha Tinana (Physical well-being) includes looking after our body and brain. Studies have shown that movement of the body helps improve oxygen flow to the brain. This aids in the process of building neural connections and increasing cognitive function. The activity below, utilises this concept by providing opportunity to practice movement alongside processing speed and strategy planning.
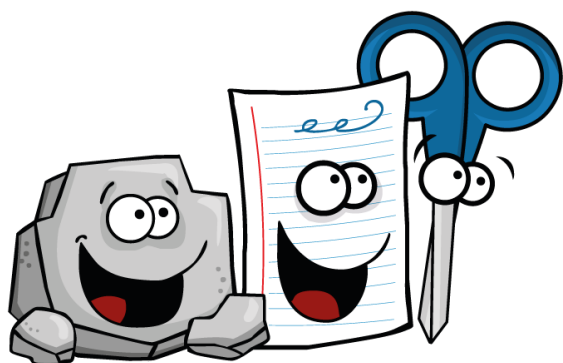
Level: All ages (modify to suit).

Equipment: Cones.

Taha Tinana Outcome: To practice fundamental movement skills and build neural connections in the brain and explore new equipment in a fun safe environment.

Formation: All players line up in pairs facing each other across the middle of the playing area. Adjacent to the lines of pairs are two safe zones.

Directions to play the game

1. Each pair plays paper, scissors, rock
2. The loser turns around and sprints to their safe zone
3. The winner chases them trying to tag them
4. If the loser reaches the safe zone before being tagged, they win a point
5. If their partner catches them, they win a point
6. Both players return to the middle and begin the game again
7. The player with the most points at the end of the game is the winner.

Variations

- Winning pairs partner up and losing pairs partner up
- Pairs face the same direction. The player who wins tries to beat the other player over the line. If they are successful, they are awarded a point
- Players experiment with different starting positions (i.e. feet parallel, one foot in front of the other, seated, lying down on their back or lying down on their front).

Questions you could ask

How did you ensure that you are ready to set off running when the rock, paper, scissors was won?

How did you decide which position to play in rock, paper, scissors?

Which starting position benefited you most and why?

Was it better to win or lose the rock, paper, scissors game in order to get the point and why?

Modifications to make the game easier

- Shorten the distance players travel
- Show paper scissors or rock after three.

Modifications to make the game harder

- Change the distance so the fastest runner has to run further.
- Show paper, scissors or rock on one.
- Introduce variations

Links to fundamental movement skills

Walking and running

Stability skills

Balance

Turning