



Rock, Paper, Scissors

Overview

Rock, Paper, Scissors adds an element of chance to a circuit created using your choice of Functional Fitness Charts. Working in pairs, students travel from station to station. At each station, there are three charts—students play Rock, Paper, Scissors to determine which exercise they will complete.

Materials Needed

- Selection of Functional Fitness Charts (enough for three at each station—if you wish, you can choose three exercises that use the same muscle group or movement pattern)
- An equal number of cover sheets with the words “Rock,” “Paper,” or “Scissors” printed on them, or an image of each object (one sheet for each fitness chart)
- Masking tape
- Selection of music and music player

Preparation

- Choose the Functional Fitness Charts you want your students to use during this activity, ensuring that you have enough for three at each station. Make sure that your students are familiar with each exercise before beginning this activity.
- On each chart, write the number of repetitions that students should perform.
- Display the charts. Ensure that there is enough room for a number of pairs to work at each station.
- At each station, tape a sheet with the word “Rock” written on it over one chart, a sheet with the word “Paper” on another, and a sheet with “Scissors” written on it over the third.
- Ensure that your music is cued to the appropriate spot.

Suggested Approach

- Divide the class into pairs. If possible, try to match students of equal athletic ability, which will help make the activity more enjoyable for all students.
- Explain how the activity works. Pairs will move from station to station. At each station there are three fitness charts, one covered with a sheet that has the word “Rock” written on it, another with the word “Paper,” another with the word “Scissors.” When they arrive at each station, each pair will play a game of Rock, Paper, Scissors to determine which exercise they will perform.
- Students will perform the number of reps specified on the chart before moving to the next station. They can continue to move from station to station, repeating the steps outlined above, until they have completed the circuit.
- Play music continuously for the duration of the circuit.

Variation

- Set up a circuit with two Functional Fitness Charts at each station. In pairs, students move from station to station. At each station they play Rock, Paper, Scissors. The winner chooses which of the two exercises the pair will perform at that station.

