

move to improve

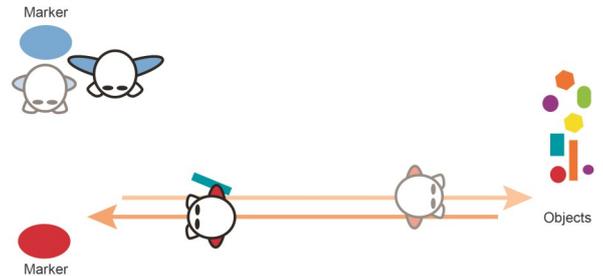
These move to improve activity guidelines are designed to be used in conjunction with the move to improve website. Please go to www.movetoimprove.org.uk for full guidelines and information for parents and carers.

Active Rock, Paper, Scissors



Suitable for:

- 2 or more players
- Outdoor area or indoor area
- Main skills: Multi-movement & Hand-eye skills
- Age appropriate: 3-7years



Make it happen

- Lay out an activity area with two markers at one end and a collection of objects at the other.
- Two players stand beside each other next to the markers and play Rock/Paper/Scissors.
- The winner runs to the far end and collects one object to bring back and place down on their empty marker. While they are doing that, the loser performs star jumps on-the-spot.
- If you only have a small indoor area available then make **both** players exercise on-the-spot, but the winner still gets to place an object on their marker each turn.
- They keep playing Rock/Paper/Scissors with the winner collecting an object each time until one of the players has moved five objects from one end to the other – that player has won a game.
- Change the movement types to vary it from running and star jumps.

Some ideas:

Collecting an object: *hopping (change legs at the end), jumping like a frog, rolling sideways along the ground, crawling on hands and feet, side-stepping, galloping, skipping.*

Exercising on-the-spot: *running on the spot, touching the ground and then jumping into the air, kicking their heels in the air, jumping forwards and backwards with feet together.*

- Involve more players by turning a series of games into a match - see **Make it a challenge** below.

Make it safe

*We provide this list only as a guide of what parents/carers may wish to consider. Please also read our general guidelines on the **Parents/carers information** page.*

- Adapt the activity to suit the space you have available.
- Make sure the objects being collected are safe and appropriate for carrying in one hand whilst running. See **Make your equipment suitable**.
- If the movement type needs both hands (e.g. jumping like a frog) it may be that they should only walk, skip or run when returning with the object.
- Place the markers at a suitable distance from each other to avoid collisions.

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Please see our sections below to help you make more of this activity and keep your children coming back to it over time.

Make it fun

Please also read our general guidelines on the [Parents/carers information page](#).

- Think up some variations of Rock, Paper, Scissors together. You need three things where each one scores against one of the others. *E.g. Elephant beats Lion/Mouse beats Elephant/Lion beats mouse*
- **Leaper's theme:** *Dolphin beats Turtle/Turtle beats Jellyfish/Jellyfish beats Dolphin*
- Help the children make up actions for each animal or character as they move.
- Try and relate the objects to the theme you have chosen.

Make it a challenge

Please also read our general guidelines on the [Parents/carers information page](#).

- Play a match that keeps the score over a series of games. One game is over when one player has collected five objects. One game = 1 point on the score chart.
- A match could be whoever is first to win 5 games (5 points). The match can be played in one sitting or returned to throughout a day or over a number of days.
- You can also involve more than two players by playing the match format. All the children can take turns in playing each other, you just have to record how many games each child wins. The first to win 5 games (whoever those games are against) is the overall winner of the match.
- Give an incentive to play out the whole match by giving rewards to the winner and runner up and something to everyone who completes their series of games.

Make your equipment suitable

- Always make sure whatever equipment you are using is safe and appropriate for that use.
- Use objects that are soft or have smooth edges and can be carried in one hand.
Some ideas: small cuddly toys, tennis balls, beanbag, rolled up balls of paper, a clean sock.
- Instead of markers spots or saucers to collect the objects, you could use hoops or use empty cardboard boxes/ice cream tubs, or lay a tea towel out on the ground to place them on.

Please also read our general guidelines on the [Parents/carers information page](#).

Make it more energetic

- Choose activities that have higher energy levels (e.g. running typically uses more energy than skipping along, jumping in a crouched position like a frog would typically use more energy than galloping).
- Change it so that children have to move from their marker to the other end a certain amount of times before they can pick up their object and return with it.
- Adjust activities so that children of different ages/abilities are working at a level appropriate for them (e.g. a younger child may just do one lap to pick up their object, whereas an older child may have to do several laps or a more energetic activity).

Please also read our general guidelines on the [Parents/carers information page](#).

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This **move to improve** resource is provided as a guideline only for parents and carers who wish to supervise physical activities for their children.

Users of this resource have a duty of care to ensure the safety of their participants. We do not endorse the use of any content in this resource that a user feels may present a risk to the safety or well being of the children in their care. Please refer to www.movetoimprove.org.uk for more details.

