

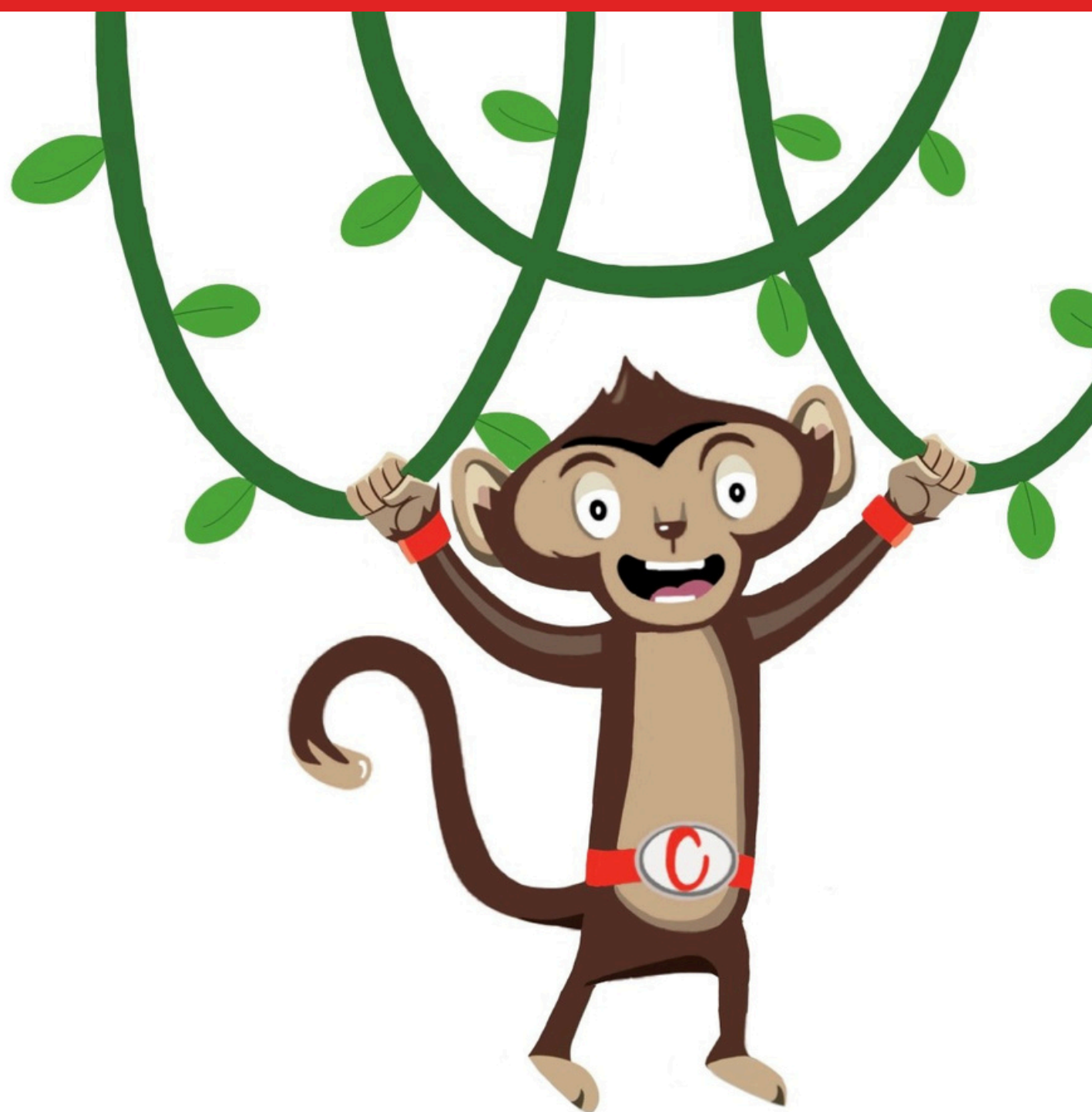
Rock, Paper, Scissors



Brain break



3-5 minutes



Instructions

This active break gets your pupils moving and having fun with their friends. Ask your pupils to stand and find a partner to play rock, paper, scissors. Best of 3 wins, then move around the room to find another partner. A recap of the rules may need to be explained : rock > scissors, scissors > paper and paper > rock. Set a timer if necessary.

Health & Safety

- Ensure floors are clear of trip hazards
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.



Teacher Tips

This activity is suited to all ages.

Foundation: if rock, paper, scissors is too advanced. Why not set a timer for your pupils to practice their favourite clap games with a partner. For eg. pat-a-cake, a sailor went to sea and double double this this.

KS1 & KS2: as an added challenge, the loser could do an exercise eg. 5 x jumping jacks, 5 x high knees.

Chest
Heart &
Stroke