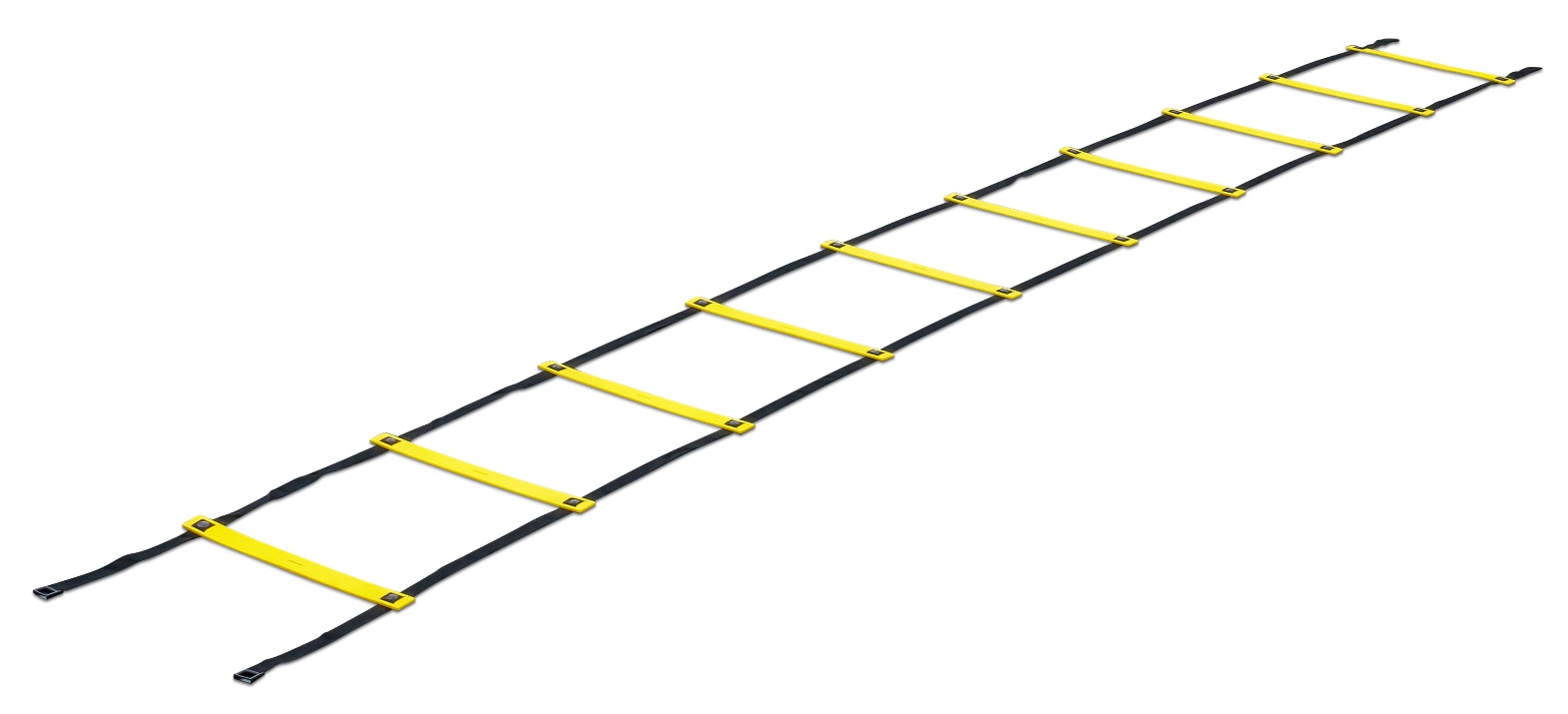
**Rock, Paper, Scissors!**

**Teacher:**

*This initial activity can be played using hoops, patio slabs, even tyres. Feel free to adapt to suit your pupils, your resources and needs!*

**An Initial ‘Warm-up Activity’**

**Set up the agility ladder as shown**

* Teams start at opposite ends facing each other
* [](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwj-2NuZhtDiAhXkx4UKHYe-CsoQjRx6BAgBEAU&url=https%3A%2F%2Fhaest.de%2Fen%2Fagility-ladder&psig=AOvVaw2xgBV-QIumicpj4EZ07WPq&ust=1559745287740046)Keep teams small, e.g. 4 max.
* You can use hoops, throw down spots, tyres etc.

Blues Direction of Travel

To Play:

* The first person from each team runs out and high steps through the ladder to the Centre Square which they leave empty
* Players then Rock, Paper, Scissors for the Centre Square
* Winner steps forward and occupies the Centre Square
* Loser exits ladders so new player from their team can high step up the ladder quickly to face the Winner
* Winner always stays in the ladder and STEPS FORWARD ONE Square - the loser always leaves and re-joins team
* Can YOUR Team travel through to the other side!

**CENTRE**

**SQUARE**

Reds Direction of Travel



Beats

Beats

Beats