

Title: Rock, paper, scissors

Objectives:

- developing jumping skills;
- enhancing motor coordination;
- learning an interesting, new game.

Materials and equipment: 15-18 hula hoops (when there are about 10 participants). If there are more children, the number of hula hoops increases.

Stage 1: It's highly recommended to play the game outdoors, however depending on the weather conditions it can also be played inside the school.

Stage 2: The teacher places the hula hoops on the ground, so the hoops create the wave or curved line, the hoops should touch but they shouldn't overlap.

Stage 3: The teacher divides the students in two groups. There are many different ways of doing it, however the best and the quickest way is to ask children to stand up in one row and count to two. "Ones" are the first group, and „twos" are the second group. The groups stand on the opposite sides of the designated route. Both groups start at the same time – one child (of each group) at a time starts the race – they jump (two-footed) inside each hula hoop. When the two participants meet on the route, they stop and to go forward a child has to win the duel of rock – paper – scissors. The draw requires a repeat of the duel. The winner jumps forward, and the child who lost goes back to the end of her/his row. The next competitor from the lost group starts the race from the beginning. The next meeting entails the next duel of rock – paper – scissors. The child who reaches the last hula hoop (the one next to the opponent team) scores one point. Points might also be scored individually.

Clarification:

the scissors beat the paper – because they cut it;

the rock beats the scissors – because it blunts it;

paper beats the rock – because it wraps it.

Signs:

- paper – an open hand
- rock – a clenched hand
- scissors – two fingers forward (index finger and middle finger).

It's advisable to practice the game rock – paper – scissors before playing the game with hula hoops to make sure the children understand the rules of the game. The game is great fun and it may be played without any equipment, all we need are hands. We may play it during the break or journey. What's more, it evokes a lot of emotions.

The competitors say the chant simultaneously with moving their hands – it helps to organize the game, so that children show their hands and reveal a sign at the same time.