



ACTIVITY SAMPLE:

ROCK PAPER SCISSORS BASEBALL

Activity name

Rock Paper Scissors Baseball

Activity overview

Structured open gym

Division

Elementary or secondary

Facilities

Gymnasium or outdoor activity area

Equipment

Bag of clothespins, hula hoops, pylons

Safety

Refer to the information on [Supervision and Safety](#) in the About Intramural section for support in establishing supervision ratios and rules of play for this activity.

Activity instructions:

- All students start at one corner of the gym or activity area. This is first base.
- The other corners of the gym or field are second base, third base, and home. The educator is at home and has a bag of clothespins.
- At each base, participants play a game of Rock Paper Scissors (RPS). The winner moves up a base, and the loser moves back a base. The loser may also stay at first base if they haven't moved yet.
- Students move between the bases by running, skipping, hopping, or using another movement that is decided upon.
- The object of the game is to advance to home, play a game of RPS against the educator, win that game, and receive a clothespin that is clipped on their shirt.
- If a student wins versus the educator, they go back to first base and try to win again, accumulating as many clothespins as they can.

Modifications and variations:

- Play RPS with full body gestures instead of just hands.
- Consider varying the locomotor skills used between bases, such as walking, hoping, skipping, etc.

Notes to supervisor:

- For various ways to modify for the age and skill of participants or to maximize inclusion please see [Step 3: Develop and Implement Your Action Plan.](#)