

Rock, Paper, Scissors Baseball - Two Ways to Play

Activity

Resource: Play for All

Division(s): Junior Intermediate

Location: gymnasium, large activity space, tarmac, outdoor field, outdoors baseball diamond

What's It All About?

Rock, Paper, Scissors Baseball is designed for maximum and meaningful participation and inclusion for all. This large group activity is best played outside on a large field or tarmac, or a combination of field and tarmac, so that all participants can have the ability to move freely within the playing area. These versions require little equipment and are quick to set up. They may be played in various locations in small and large group play. This game encourages fun movement around the bases while playing rounds of Rock, Paper, Scissors. This game is designed so that everyone feels valued and encouraged to participate to the best of their abilities.

Considerations

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun,

inclusion, and meaningful participation for everyone. Encourage participants to add any variations of their own.

Safety

- Visually inspect the equipment and playing area to identify and remove hazards. Check that the playing surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

Version 1: Rock, Paper, Scissors Baseball (large group play)

Equipment

- 4 bases, hula hoops, floor spot markers, or flat pylons to mark the bases
- Bag of clothespins/elastic or a small item to keep track of runs
- Pinnies for half of the participants

How to Play

- Divide participants into 2 groups, with 1 group wearing pinnies.
- Participants set up the playing area in the shape of a baseball diamond using their 4 bases. All bases should be safely away from the walls or other obstacles. The corners of a room or gymnasium cannot be used as the bases.
- Groups can decide on the size of the diamond and may alter the size throughout the game as needed.
- All participants meet at first base in the playing area.
- The intramural leader stands at home plate with a bag of clothespins/elastic for runs.

- The game begins at first base with all participants picking a partner and playing a game of Rock, Paper, Scissors (RPS).
- The winner moves up a base and their partner stays on base while executing a stationary movement activity until a new partner arrives to play RPS. Use Ophea's [50 Fitness Activity GIFs](#) for movement ideas.
- Each RPS tie counts as a base (e.g., two ties and a win = triple base hit). The participant that eventually wins RPS advances 3 bases in this situation.
- At each base, participants play a game of RPS with other participants at that base.
- Participants choose the way they move between the bases (e.g., run, skip, jump, hop, slide, roll, wheel).
- Participants continue to play RPS and receive a clothespin/elastic when they cross home plate.
- Gameplay continues for a determined length of time, at which time the groups gather and total their clothespins/elastics ("runs") for the game.
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.

Variations

- Move back 1 base when not winning a round of RPS.
- Play RPS with full body gestures instead of just hands (e.g., rock-form a rock with full body, paper-lie flat on the floor, scissors-form big scissors with arms).
- Designate a rest area or bench to allow for rest after scoring a run. Participants can rest for 2 rotations of RPS before starting the game again at first base.

Version 2: Rock, Paper, Scissors (small group play)

Equipment

- 1 pool noodle (quartered) per group
- 4 hula hoops, floor spot markers, or flat pylons to mark the bases

- Bag of clothespins/elastics or a small item to keep track of runs
- Pinnies for half of the participants

How to Play

- Divide participants into groups of 8 – 10. Have the groups divide themselves again to form 2 smaller teams.
- One participant from each group volunteers to be a “noodle defender” and wears a pinnie.
- Participants set up the playing area in the shape of a baseball diamond using their 4 bases. All bases should be safely away from the walls or other obstacles. The corners of a room or gymnasium cannot be used as the bases. Place a small pylon in the middle of the diamond to mark the pitcher’s mound.
- Groups can decide on the size of the diamond and may alter the size throughout the game as needed.
- All participants meet at first base in the playing area. The game begins at first base with all participants picking a partner and playing a game of Rock, Paper, Scissors (RPS).
- The noodle defender from each group starts in the middle of the baseball diamond at the pitcher’s mound, and after counting to 10, can attempt to tag the runner in between bases with the noodle.
- If tagged, the runner is out and returns to first base to start RPS again.
- The winner moves up a base and others stay on base while executing a stationary movement activity until a new partner arrives to play RPS. Use Ophea’s [50 Fitness Activity GIFs](#) for movement ideas.
- Each tie counts as a base (e.g., two ties and a win = triple base hit). The participant that eventually wins RPS advances 3 bases in this situation.
- At each base, participants play a game of RPS with other participants at that base.
- Participants choose the way they move between the bases (e.g., run, skip, jump, hop, slide, roll, wheel).
- Participants continue to play RPS and collect a clothespin/elastic when they cross home plate.
- Play continues for a determined length of time, at which time, the small groups gather and total their clothespins/elastics (“runs”) for the game.
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add

any variations of their own.

Variations

- Decrease the number of bases.
- Upon arrival to each base, a stationary exercise (e.g., 5 lunges, 5 arm stretches) must be completed by participants before starting a new round of RPS.
- Play RPS with full body gestures instead of just hands (e.g., rock-form a rock with full body, paper-lie flat on the floor, scissors-form big scissors with arms).
- Designate a rest area or bench to allow for rest after scoring a run. Participants can rest for 2 rotations of RPS before starting the game again at first base.
- Move back 1 base when not winning a round of RPS.