

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Rock Paper Scissors Cheerleader

Game Description:

A fun game where you cheer on team mates.

Objective:

Have multiple cheerleaders cheering you on as you play rock paper scissors

Game Rules:

Have all the players spread out in the playing area, when the leader says go players chose any other player and play rock paper scissors against them. The player who loses places their hands on the shoulders of the other player and becomes their cheerleader. The player that won continues to play other participants, if they win again the player they won against and all of their cheerleaders join on to the train of cheerleaders. Continue until theres two large train of cheerleaders and have both groups cheer for the last game of rock paper scissors.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Rhythm