



Field Day/Spirit Day 2020



Rock, Paper, Scissors, EXTREME!!

Austin Johns - St Jude School, Elyria

Type of Activity: Family

Equipment Needed:

★ **Nothing!!!.....Maybe some imagination/creativity**

Directions:

This is just like regular rock paper scissors but you have to use your body to represent the rock, the paper, and the scissors. Feel free to create your own movements for your game but here are some suggestions. Rock - curl up in a ball to imitate a rock on the ground. Paper - Lay flat on the ground like you are planking or stretch your arms straight up above your head like a big flat piece of paper Scissors - chop your arms up and down like you are a big pair of scissors or use one arm and one leg to represent your scissors. **COMMIT TO YOUR CHOICE!!! Don't change half way through.**