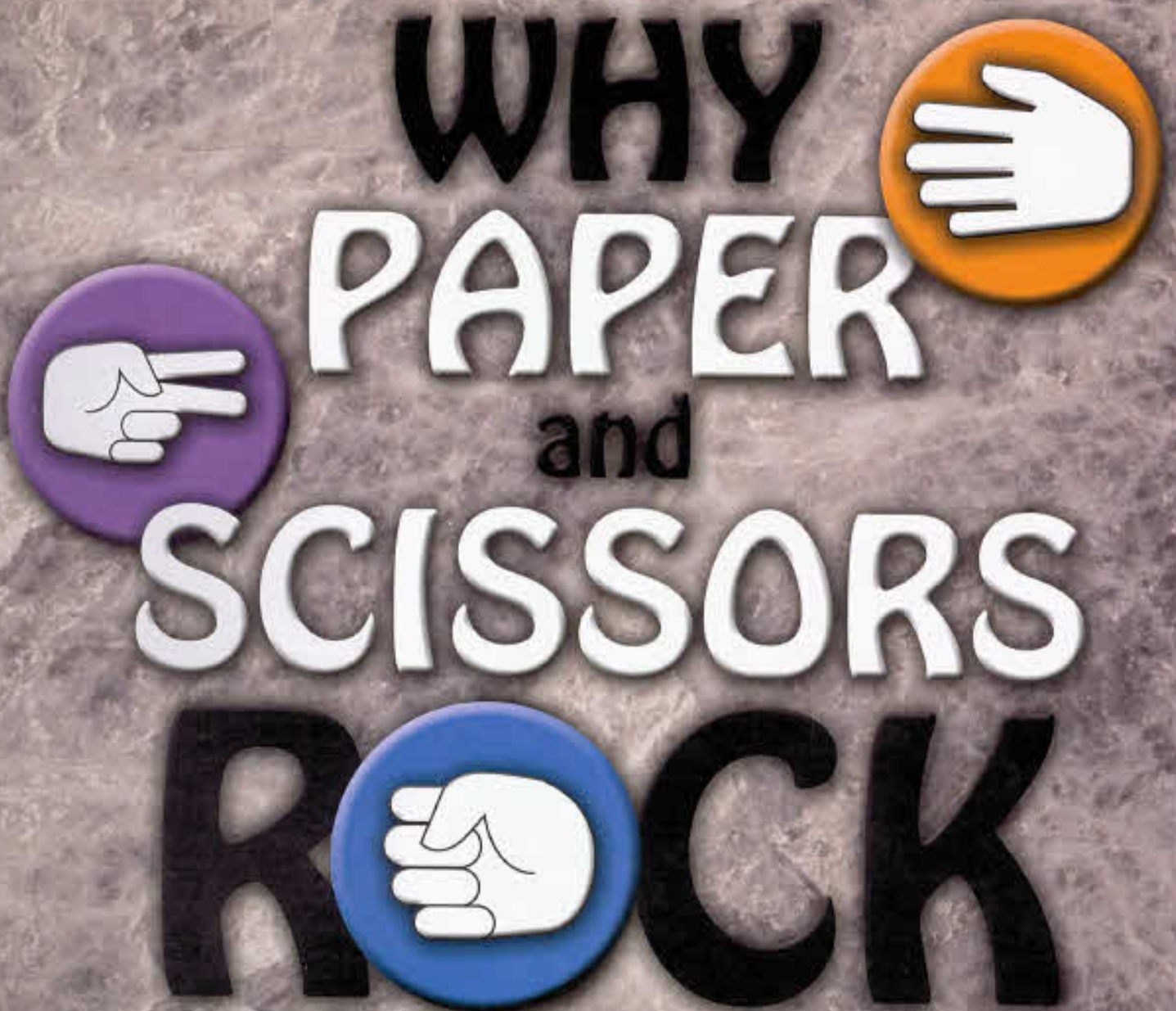


WHY PAPER and SCISSORS ROCK

The title 'WHY PAPER and SCISSORS ROCK' is displayed in large, bold, stylized letters. The word 'WHY' is in black, while 'PAPER', 'and', 'SCISSORS', and 'ROCK' are in white with a black outline. The letter 'O' in 'ROCK' is replaced by a blue circular icon of a hand in a rock gesture. The letter 'A' in 'PAPER' is replaced by a purple circular icon of a hand in a paper gesture. The letter 'S' in 'SCISSORS' is replaced by an orange circular icon of a hand in a scissors gesture.

Revised and Expanded

"To the beginner the choices are few;
to the expert the choices are many."

Wojek Smallsoa, "The Trio of Hands"

The logo for CIRA Ontario. The word 'CIRA' is in large, bold, orange letters with a black outline. A small black icon of a person climbing a rock is positioned above the letter 'I'. Below 'CIRA', the word 'Ontario' is written in a smaller, white font with a black outline.

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SECTION 1

WARM-UPS

RPS #1 SPLITS OR STRETCH

Objective: To force your opponent to stretch as far as they can, do the splits and/or lose their balance.

Description:

- All players are instructed to find a partner.
- Players stand heel to toe, with their front foot touching the toes of their opponent.
- Opponents play a game of RPS, the winner moves their front foot behind their back foot and their opponent slides their front foot forward.
- Players must remember to always move their front foot only.
- The pattern continues; every time a player wins they move a foot behind their own, whenever they lose they slide their front foot forward. Eventually someone will lose their balance.



RPS #12 LADDER

Objective: To continually win RPS challenges, avoid the ladder and get to the leader.

Description:

- Arrange all the players along the centre line of the gym or middle of the playing area, facing the leader. The leader stands in front of the group.
- At the back of the gym, well behind the players, lay out an agility ladder.
- Players have their "throw" hand behind their back and on the "go" all players, including the leader, throw a Rock, Paper, or Scissors.
- If players beat the leader, they take one step forward. Ties stay still. The "losers" however, have to run to the back of the playing area and through an agility ladder to a pattern they have already learned.
- The first player to reach the leader becomes the new leader for the next round.

Editor's Note: There are hundreds of step and fitness routines for agility ladders. Visit www.sport-fitness-advisor.com for a variety of challenges.



SECTION 3

SPORT VARIATIONS

RPS #23

QUICK DRAW FOUR SQUARE

Objective: To get to position number one or "King" and stay there.

Description:

- Set up a four-square box and use established four square rotations. (See CIRA Ontario's, **Active Playgrounds**, 2005, for a fantastic variety of four square and other asphalt games).
- One player stands in each of the four squares and tucks their hand in their armpits or behind their backs. The rest of the players line up outside of square four.
- The leader in square one calls a name, or a numbered square, and plays "quick draw RPS" with that person.
- Every time someone is out, they go to the end of line and everybody moves up one square.
- If anyone throws a signal when their name or square isn't called, they also move to the end of the line.

Variation: Have all players hop four times. The King calls out, "one", "two", "(name of player to be challenged)", "three".



RPS #26

RPS FOOTBALL

Objective: To outrun and RPS the other team.

Description:

- Play begins with two teams of three to four players lining up at their own goal line.
- On the official's signal to begin a player at the front of each line runs ahead to meet the front player from the other team. When those two players meet they play a game of RPS. The losing player runs back to the end of their line.
- The winning player carries the football and continues to run towards the other team's goal line – if there are three ties. As soon as the losing player begins to run back, the next player in line for the losing team runs forward to meet the opposing player. When these new two people meet they play RPS and continue with a new RPS challenge.
- As soon as one team wins at RPS and crosses the other team's goal line, they score a touchdown and the next player from each team runs forward to begin a new series of downs.

