

## Roshambo (rock, paper, scissors)

People needed: minimum of 2 (**there are two options for a way to play; please read both and pick one**)



Roshambo Body  
Movements.docx

**Option 1:** play with someone who lives in your house

Equipment needed: Roshambo Body Movements Word Document

How to play:

1. Learn what to do, with your body, for each object (see word document)
2. Students will say Ro- Sham- Bo (ON BO- make rock, paper, scissors with your body) in unison (together)
3. Whoever won that round, call out something for the other person to do. (some examples: do a locomotor skill (jog, walk, skip, hop, jump, leap, gallop, slide step) to your front door and back, do 10 burpees,
4. Continue playing by completing steps 2-3.

**Option 2:** with a neighbor friend, if you choose this option, follow the following steps in order to remain at a safe distance from each other

1. Plan a time to play with someone who lives close to you (beside you, across the street: directly across or diagonally across)
2. At the time you have chosen to play, go out your front door.
3. Each player walk to the middle, of **YOUR** own, front yard. (you should be in your yard and the other player should be in their yard). **YOU STAY IN YOUR OWN YARD TO PLAY!**

*Note: look at the word document for a picture of how/where you and your friend might stand*

Equipment needed: Roshambo Body Movements Word Document



Playing Cooperative  
Games WHILE social

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Rules:

- Both students have do their movement (rock, paper, scissors) when they say “BO”
- The winner, of the round, cannot make the other person do more than 10 of an exercise (burpees, jumping jacks, squats, etc...)