



# HOOLA-HOOP

## ROCK-PAPER-SCISSORS RELAY

### *Participants*

Any number of participants.

### *Time Allotment*

5+ Minutes

### *Activity Level*

High

### *Materials*

- Hula Hoops, floor dots, or tape to mark spots

### *Method*

- Lay out the markers in a single pattern with a start and a finish line. A “Z” shape works well.
- Split the participants into 2 teams and line them up single file on each end of the floor markings.
- 1 participant from each team will hop through the path of markers towards the other team. When they meet the other team face to face, they will play rock-paper-scissors to determine who survives and who is sent back to the end of their team’s line.
- When a participant loses the rock-paper-scissors, match they jump out of the path and run to the back of their team’s line. The next participant in line begins hoping through the course toward the other team immediately.
- When a player wins the rock-paper-scissors match, they continue hoping through the pathway toward the other team.
- Every time the 2 teams meet face to face within the pathway they must play rock-paper-scissors. When a member of either team makes it all the way through the course to the other team they score a point and then run back to the end of their teams line and the next participant starts hoping.
- Play to however many points you want to. 5, 10, 20, etc.

### *Regulation Modification Options*

Use the option most appropriate for the youth’s level of regulation:

- Have the participants who lose the rock-paper-scissors game do a regulation technique while waiting in line to go again. This will help to keep the participants regulated during the game and allow it to be continuous.