

RPS Holiday Race

Grades: K-12 [[YouTube](#)]

EQUIPMENT

- 3 to 9 cones
- Music (optional)

SET-UP

- Use cones to create 3 levels (~ 20 paces apart)
- All students begin at the first cone and stand facing a partner with safe physical distancing.

OBJECTIVE

- To be the first to make it to the holiday by winning three rounds in the RPS Holiday Race.

DESCRIPTION

- Today we will pretend that the holiday is just 3 days away (in the first cone).
- RPS Holiday Race is similar to Rock, Paper, Scissors. You can be a Bell (shake your hands and sway body), a Candle (stand on tiptoes with hands together above head), or a Snowman (squat down with hands in fist resting on stomach).
- Bells beat Candles (Bells can put out a Candle), Candles beat Snowmen (Candles melt Snowmen), and Snowmen beat Bells (Snowmen can ring a Bell).
- On the start signal, you and your partner will jump 3 times and then make a symbol.
- The winner will move up a level to the next cone. The holiday for you is now just 2 days away! Find a different partner and play again at the next cone.
- If you do not win, stay at your current cone, find a new partner and try again.
- The winner at the second cone will move up a level to the final cone (the holiday is 1 day away).
- If you win at the final stage, you have successfully made it to the holidays. Give someone the gift of a compliment, return to the beginning and play again.

NOTES FOR TEACHER

- This activity does not mention a specific holiday. You can keep it generic or name a specific holiday if you wish.

PE2020 STRATEGIES

- Physically Distant: Students can stand 6 feet away from their partner. If space does not permit students to move between levels, then students can play a best of 5 series with 1 partner.
- At Home: Students can play virtually against an opponent or teach a parent/guardian.

STANDARDS

- **DEMONSTRATES RESPONSIBLE BEHAVIORS:** Students demonstrate responsible personal and social behavior.

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