

# Rock, Paper, Scissors

*Classic fun mixed with fitness and sport stacking in this simple game*

**VIDEO:** [SPEEDSTACKS.COM/TEACH/A25](https://www.speedstacks.com/teach/A25)

## EQUIPMENT

- One set of Speed Stacks Stack Spots or activity poly spots
- One to three sets of Speed Stacks for each stacking spot

## SET UP

Place the Stack Spots in a large oval on the floor to establish the activity area; be sure there's enough space inside the oval to comfortably fit every stacker. Place 1-3 sets of Speed Stacks in downstacked position near the stacking spots. Stackers inside the activity area partner up and stand back to back.

## HOW TO PLAY

On the 'go' signal stackers turn around, face their partner and play a round of Rock, Paper, Scissors. Whoever wins the round runs to a Stack Spot and completes the activity, on the spot. Once they've completed the activity, they run back into the activity area, find a new partner and play another round of Rock, Paper, Scissors. Stackers who don't win Rock, Paper, Scissors find a new partner and play again.

## RULES

- Winning players must alternate between a Stack Spot or activity spot each time they win a round.

## VARIATIONS

- To make this activity more movement-based, substitute hand signals in Rock, Paper, Scissors to full body signals.



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