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CrossFit Kids Classics: Rock-Paper-Scissors Tag

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Set-Up

- 1. Mark off two back lines about 10 to 15 m apart and divide the playing area in half with a centerline.
- 2. Leave enough space behind the back lines so the sprinters can run through.
- 3. Divide the class into two teams.

Game Play

Remember that rock breaks scissors, scissors cut paper, and paper covers rock.

- 1. Each team huddles at its back line and chooses which hand sign to show—either paper, rock or scissors.
- 2. A few feet apart at the centerline, the two teams face each other.
- 3. The kids chant together, "Rock, paper, scissors, shoot!" On "shoot," each player shows his or her team's hand sign.
- 4. The players on the team that loses the shoot must turn and sprint past their end line without being tagged by members of the winning team.
- 5. Any player who gets tagged must join the other team.
- 6. If both teams throw the same hand sign, all must quickly sit down. The last player to hit the ground switches teams.
- 7. At the end of the game, the team with the most players on its side wins.

Variations

Instead of sprinting, consider using bear crawls, broad jumps, single-leg hops, walks with an angry-gorilla back or skipping.

