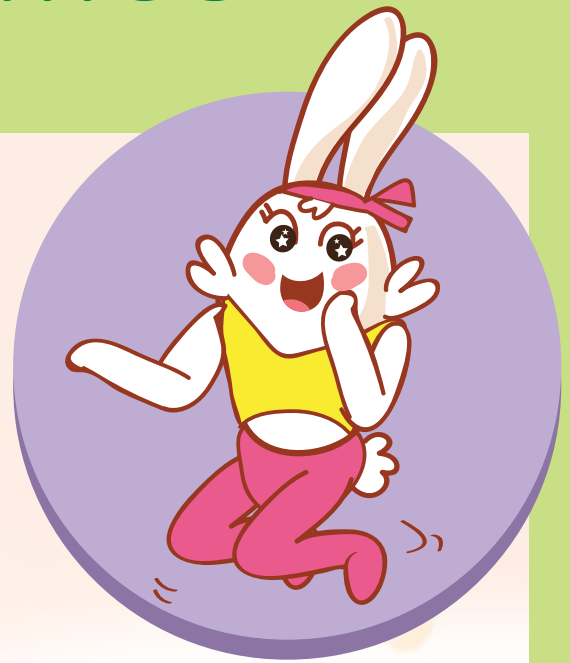


Parent-child Physical Games

Game 7

Rock, Paper, Scissors with Legs



How to Play

1 Jump up at the same time

2 Upon landing, play rock, paper or scissors by choosing one of the following leg positions:

- Rock: Stand with your feet together
- Paper: Stand with your feet apart
- Scissors: Stand with your legs crossed

Objectives

- 1 To improve jumping and stretching abilities
- 2 To improve limb co-ordination

Modification

Jump on one foot only

