**4 Base Paper, Rock, Scissors**

**Grade Level:** K-6

**Skills:** The skills involved center around jogging and running.

**Objective:** 5.SDP.1: Explain personal responsibility to help others and demonstrate how to help or contact the appropriate emergency resources for different situations.

**Equipment:** You will need bases to demarcate the area students need to run.

**Organization:** Divide your students into at least two groups. The smaller the groups, the more involved your students are. There will be two lines at “home plate”.

**Activity:** The first two students from opposing teams will begin the activity. On your “go” signal, each student will jog/run the bases in opposite directions. Eventually these two students will meet on the base paths. Once this occurs, they will perform a quick bout of paper, rock, scissors. The lucky student will continue jogging/running the bases in the same direction. The unlucky student will continue jogging/running the bases in their same direction until they reach home plate. Once they have returned, they will high five the next student in line and that student will now run the bases in the same direction. Eventually these two students will once again meet on the base paths. Once this occurs, they will perform another bout of paper, rock, scissors until a lucky student has been determined. Repeat the process as before and continue as long as you need. The lucky student continues to accumulate runs until they are no longer successful in a bout of paper, rock and scissors. A run is valid when a student crosses home plate after winning a hand of paper, rock, scissors. If they cross home plate after not winning a bout, then no run is scored. You may make the base paths as small or as large as you wish.

**Closure:** Is this better than simply just running laps?

 How could you modify some activities you do at home to make them more interesting?

**Health:** Can distractions sometimes be beneficial? Why or why not? What is the difference between running a mile during an activity vs. running a mile on a treadmill? Can you think of a time when you exercised, but it felt different than another time when you exercised? Are there physical activities that you do at home that could be more interesting if you changed the way you performed the activities? How could you do this?

 Why is personal responsibility an important quality for people? What is the “Good Samaritan” law and how does it apply to everyday citizens? Use an electronic device to create a quick summation of Good Samaritan laws. What are some various methods you could use to contact emergency personnel?

**Piloted at:** Doxey