

Why Paper and Scissors Rock—Dr. John Byl

byl@redeemer.ca www.humankinetics.com

1. Introduction
 - a. Chicken in the Coop
 - b. Goldilocks
2. Why Paper and Scissors Rocks
 - a. Football
 - b. Ha Ha
 - i. Regular
 - ii. Names
 - iii. No Wait
 - iv. Different Exercise
 - c. Four-square (naming)
 - d. Stretch
 - e. Versus the Leader
 - i. Group
 - ii. Individual
 - f. Crows and Cranes
 - i. Regular
 - ii. True-False
 - iii. RPS
 - g. Push them Back
 - h. Evolution
 - i. Winner Weave (Noodles)
 - j. Transition
 - k. Pennies (hair bands)
3. Tie-breakers and reentries
 - a. Beetle Tag
 - b. Grids
4. Conclude
 - a. Scream