



ROCK, PAPER, SCISSORS VS COMPUTER

BRAIN BOOST STRATEGIES

LESSON PLAN

Purpose

Brain Boost activities are short bursts of movement meant to energize the body and brain. It refreshes our thinking and helps us discover another solution to a problem or see a situation through a different lens. Teachers need less than 5 minutes for these exercises to make an impact on learning.

Materials

- Rock, Paper, Scissors Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- [Rock, Paper, Scissors vs Computer Slides](#); [List of Exercises](#)

Procedure:

- Remind the students Rock beats Scissors, Scissors beats Paper, and Paper beats Rock
- Students will compete with the activity slide deck to determine if they can beat the computer
- Teacher will either manually advance the slide deck, or set the slides to auto-play
- Complete three jumping jacks for a Win, three chair squats for a Loss, and demonstrate their favorite dance move for a Tie
- Continue through the entire slide deck OR until the teacher stops the activity

Modifications:

- Students can choose to either stand or remain seated for this activity
- Change exercises each round for Win, Loss, or Tie



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