

The Rivalry— K-3

OBJECTIVE:

In “The Rivalry”, students will have fun facing various opponents in this friendly competition among teams who are trying to defeat their rivals. Each team will compete against other teams by playing Rock, Paper, Scissors or rolling dice to collect points or to perform exercises in order to win The Rivalry.

EQUIPMENT:

- ✦ Hula Hoops (24±)
- ✦ Noodle pieces/sections 30 per team stacked in stacks of 5; replace noodle pieces with 30 one dollar bills or 30 popsicle sticks to be used as points; **Note:** *create more stacks or add more points to each team for class sizes larger than 30 students*

- ✦ Wristbands (4 different colors to designate 4 equal teams; 1 per player)
- ✦ Clock or countdown timer
- ✦ 1 red, yellow, blue and green traffic cone to designate each team’s home base (see diagram)
- ✦ Optional: instead of playing Rock, Paper, Scissors, place 2 different colored dice in each hoop

PROCEDURE:

Before classes arrive, designate four home base areas by placing a Team Red, Yellow, Blue, and Green traffic cone down with 30 noodle pieces stacked in stacks of five behind each team cone (See Figure 1). Create face-off areas by placing four hula hoops at the designated spots within the boundaries.

HyPEd Up II!

See diagram for set up and placement of noodle stacks, traffic cones and hoops. The object of the game is to earn and create more 5-stack points than your rivals.

To Begin: divide the class into four teams (for example, Team Yellow, Blue, Green and Red) and send to their designated color cones to put on their color wristband to sit down and await further instructions. Explain that every round changes because each team's rival will change and be determined by the teacher. **Note:** take a quick moment to define/explain the word rival or rivalry. The 5-minute countdown timer (or whatever time is deemed appropriate) will begin and the teacher will declare rivals based on one of the following 3 rounds. **{Note: I placed arrows on the diagram to show which hoops each team will go to play at during each round}:**

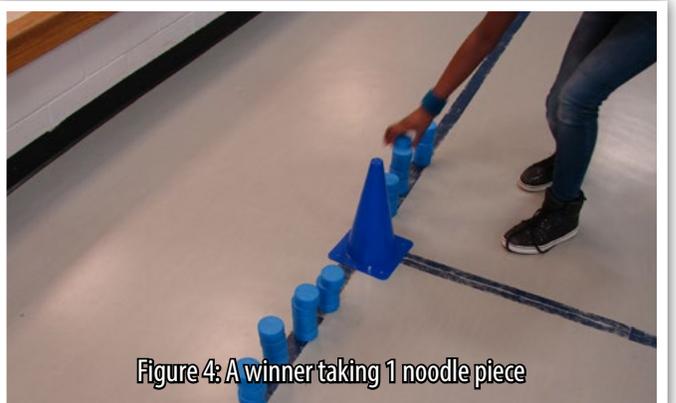
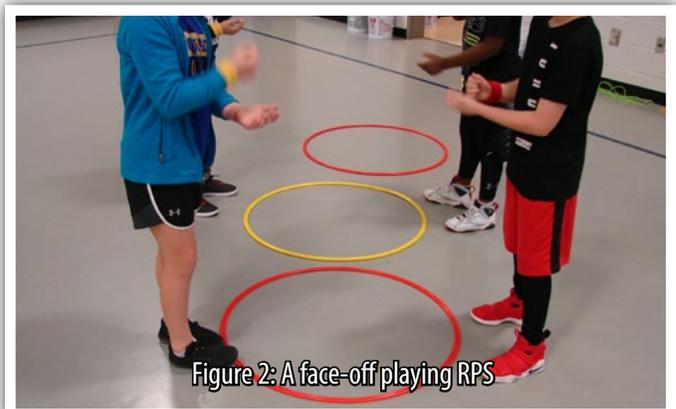
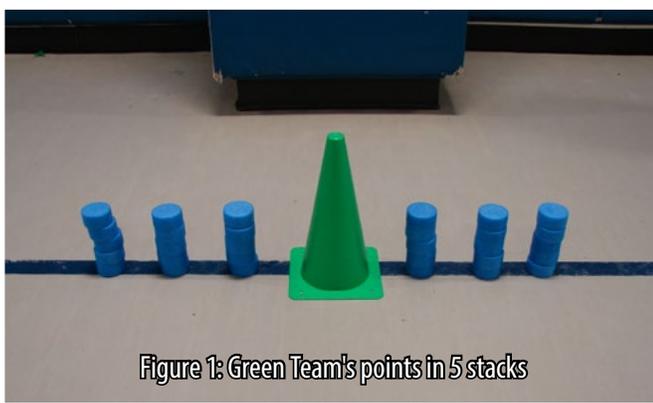
Round 1: Red vs. Yellow and Blue vs. Green

Round 2: Yellow vs. Blue and Green vs. Red

Round 3: Yellow vs. Green and Red vs. Blue

When the clock begins, each player from Team Red and Team Yellow will go face-off at any of

the 4 hoops between them and Team Blue and Team Green likewise (See Figure 2). A "face-off" occurs with rivals meeting at a hoop and playing the hand version of Rock, Paper, Scissors (RPS) or Human RPS. **Option:** eliminate RPS by placing two different colored dice in each hoop, especially if the younger students don't understand RPS. Each player will then pick up a die and roll the die inside the hoop to determine who has the higher number (See Figure 3). All players who roll the higher number earn a point. **Note:** players must perform a re-roll of the dice if they roll the same numbers and make sure to leave the dice inside each hoop. All "winning" players are allowed to travel to the rival's home base and take **ONE** noodle piece and bring it to their team's home base to add to an existing 5-stack or create a new 5-stack of noodle pieces. **Note:** accidents happen, so remind students to set up a 5-stack if they accidentally knock a stack over while taking an earned point. Also, remind students to remember that if the game stops, only noodle pieces in a 5-stack will be counted as points. All "losing" players of RPS must go to either of the freethrow lines and perform



Physical Education to the Max!

two push ups before returning to have another face-off. **Note:** change the fitness requirement every round. When the clock expires the teacher can declare the next round to be played and continue the game or stop and determine the rival winners for that round. After the final round, give each team 1-minute to finish creating their 5-stacks. Any extra noodle pieces will not be counted. The teacher will count each team's 5-stacks to determine the overall Rivalry Champion.

RULES AND SAFETY:

1. Players may only face-off at the hoops in the area against the rival mentioned in each Round.
2. Players may only collect one noodle piece per win.
3. Losing players must perform the designated fitness requirement before returning to a face-off.

VARIATIONS:

1. If using dice, instruct players to create a subtraction sentence so that the player who rolled the highest number is allowed to take in points the difference of the two dice. For example, Player A rolls a 6 and Player B rolls a 3. Player A states "6 - 3 = 3" before going to get 3 points from his or her rival. **Note:** give each team more points to start with if using this variation.

The Rivalry DIAGRAM

