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P.E Lesson

“Rock, Paper, Scissor Plank Challenge”

Objective: Students will be able maintain a plank position while challenging an opponent in a game of rock, paper, scissors.

Skills Developed:

- Strategy
- Core training

Materials:

- None

Directions:

1. Students will get into a plank position.
2. While in a plank position the students will have a rock, paper, scissor battle.
3. After the game students will switch hands and play again.
4. The goal is to remain in a plank position and see how many games you can play.

Challenge:

How many games can you play in 1-minute?

YouTube Video of Lesson: <https://youtu.be/tN1Zol35DLc>

“At The PE Spot, the fun never stops”- Mr. Garcia

Until next time,

Take care!

THE PE SPOT
PRESENTS:

**"ROCK, PAPER, & SCISSOR
PLANK
CHALLENGE**

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