

Ro Sham Bo Relay

Group Size: 6-20

Age Group: K-5th grades

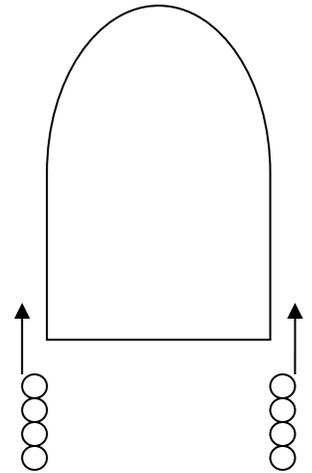
Length of Activity: 10 minutes

Developmental Goal: To develop listening skills

Skills Practiced: Speed walking, running and Ro-Sham-Bo

Equipment Needed: None

Set Up: Set out a semi-circle (U shaped) path using cones or other markers. You can also use half of a basketball court.



Before You Start:

- Divide students into two groups; each group in a single file line.
- Each line of students starts at the ends of the “U”.
- Review how to Ro Sham Bo.
- Make sure students know where to go when they win and lose the Ro Sham Bo.

How to Play:

- The goal of the game is for a player from one line to make it to the start of the opposite team's line.
 - The player who made it from one side to the opposite side gets a point for his/her team.
- The game begins on a signal from the leader.
- The first players in each line begin walking on the path towards each other.
- When the first two players from opposite teams encounter each other on the path, they stop and Ro Sham Bo until one player wins.
 - The winner continues walking on the path in the same direction,
 - While the losing side allows their next player to start walking on the path.
- Again when the players encounter each other, they do Ro Sham Bo until one player wins.
- The game continues, with each side accruing points each time they make it all the way around the path to the other team's side.

Variation(s):

- Make the path longer or shorter.
- Add obstacles to the path.
- Give players a theme to name from as they meet in the middle. For example, each side has to yell out the name of a fruit or a vegetable, a natural environment, a State, etc...before they Ro Sham Bo. This variation is great for teachers who want to reinforce class learning in an active way.

Indoor Modifications:

- Arrange desks in the middle of the classroom in the shape of a “U”, so teams have an obvious path to walk around.
- Create an easy path for the students who don't win Ro Sham Bo to exit safely and return to the end of their line.

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