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* **DOK 1:** What is a warm-up?
* **DOK 2:** Why is it important to warm-up your body before exercise/physical activity?
* **DOK 3:** What other fitness concepts could be addressed using this activity?
* **DOK 4:** How could this activity be modified to become more (or less) vigorous? How can we prove that this modification has worked?



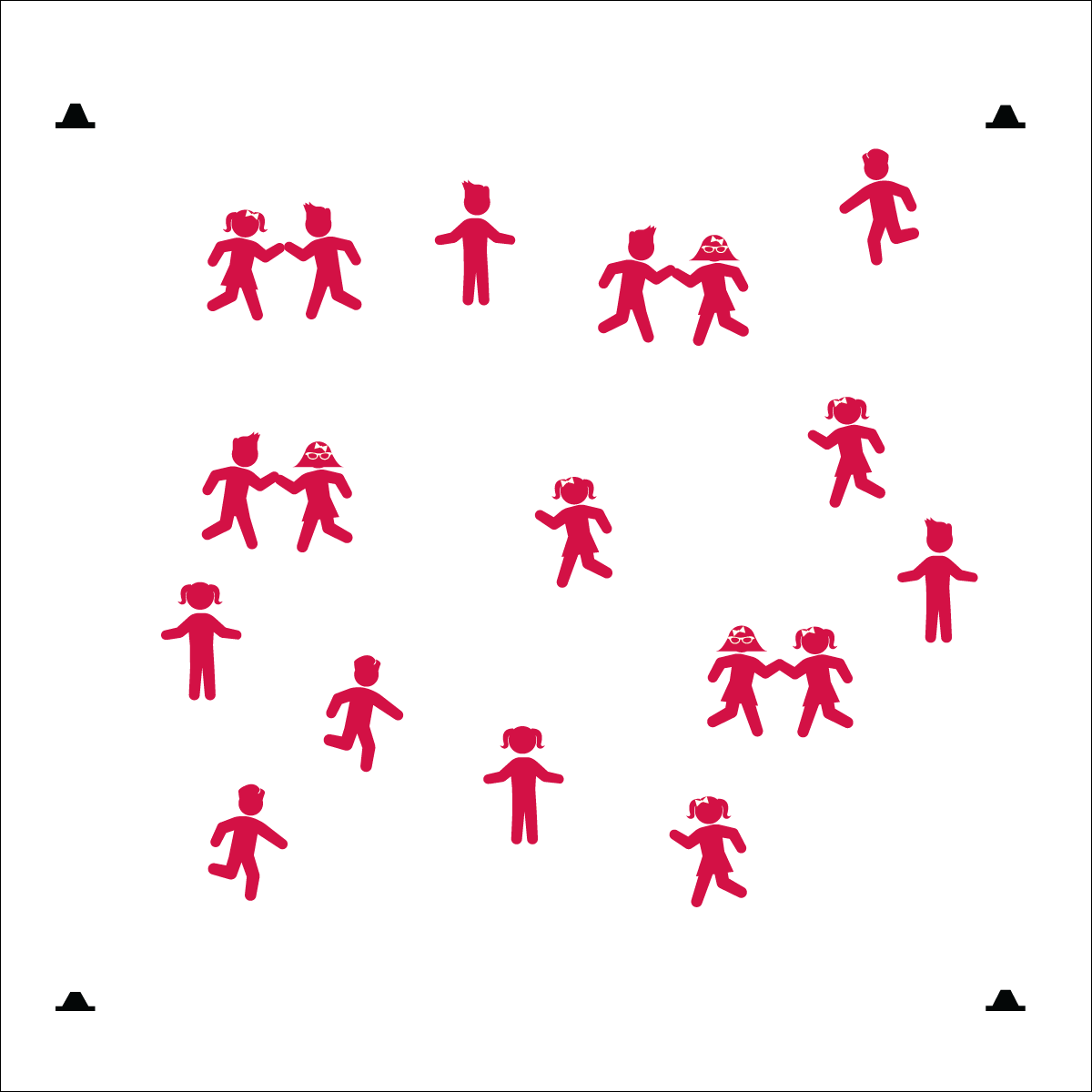
* **Standard 3 [E2.K-5]** Actively engages in physical education class (K-5);
* **Standard 3 [M12.6]** Describes the role of warm-ups and cool-downs before and after physical activity (6).

**Equipment:**

* 4 cones to create boundaries

**Set-Up:**

1. Create a large activity area using 4 cones.
2. Scatter students in activity area.



**Activity Procedures:**

1. This is activity is called High 5-Bank Account. The object is to take as many high-5’s to the bank as you can in 2-minutes.
2. On the start signal move to another player and give her or him a high-5. Then, quickly move to someone else and get another high-5.
3. As soon as you collect 5 high-5’s, take them to the bank by doing do 5 jumping jacks. You now have 5 high-5’s in the bank. Repeat this sequence as many times as you can in 2 minutes. Keep track of how many high-5’s you put in the bank.

**Grade Level Progression:**

**K:** Play game as described above.

**1st - 2nd:** Play the game using a variety of locomotor skills.

**3rd – 5th:** Choose a variety of fitness tasks to replace jumping jacks.

**Middle School:** Add a dribbling task.

* **Skill:** I will accurately toss and catch with a partner.
* **Fitness:** I will stay actively engaged and warm up my body.
* High 5 Gently and Safely
* Move Safely and Quickly