

HIGH-5 BANK ACCOUNT

STUDENT TARGETS

- ✔ **Cognitive:** I will discuss the importance of a warm-up.
- ✔ **Fitness:** I will stay actively engaged and warm up my body.

TEACHING CUES

- ✔ High 5 Gently and Safely
- ✔ Move Safely and Quickly

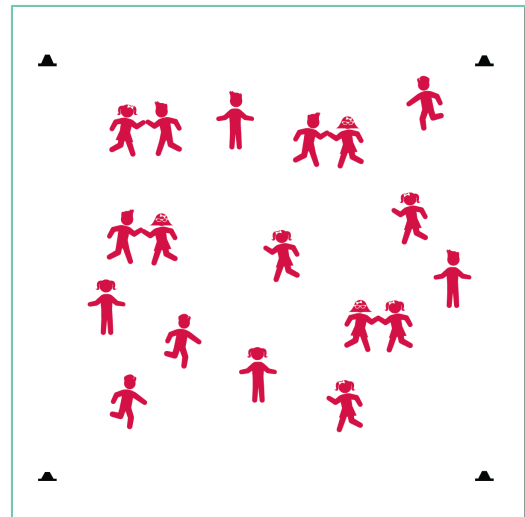
ACTIVITY SET-UP & PROCEDURE

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 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.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **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).

DEBRIEF QUESTIONS

- ✔ **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?