

## HIGH 5 BANK ACCOUNT

### STUDENT TARGETS

- **Skill:** I will work to collect as many high fives as possible during the activity.
- **Cognitive:** I will discuss the importance of a warm-up to keep my body safe.
- **Fitness:** I will stay actively engaged during this activity.
- **Personal & Social Responsibility:** I will engage in responsible behaviors with my classmates and my teacher(s).

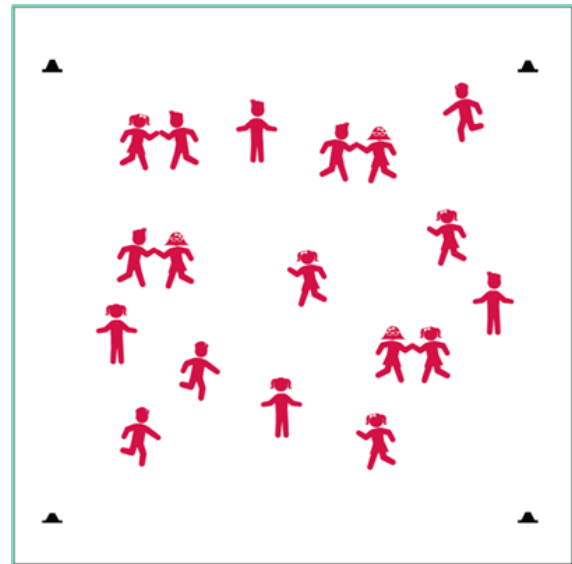
### EQUIPMENT & SET-UP

#### Equipment:

- 4 cones to create boundaries

#### Set-Up:

- Create a large activity area using 4 cones.
- Students begin spread out in the activity space.



### 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 during the activity.
2. On the start signal, move to another classmate and give them a high-5. Then, quickly move to someone else and get another high-5.
3. As soon as you collect five high-5's, take them to the bank by doing 5 jumping jacks. You now have five high-5's in the bank!
4. Repeat this sequence as many times as you can until you hear the stop signal.
5. Keep track of how many high-5's you put in the bank. The student with the biggest bank account at the end of the activity wins!

### DEBRIEF QUESTIONS

- **DOK 1:** What is a warm-up?
- **DOK 2:** Why is it important to warm-up your body before 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?

### PRIORITY OUTCOMES

#### Personal Responsibility & Safety:

- **Grade 3:** Works independently and safely in physical activity settings.
- **Grade 4:** Exhibits responsible behaviors in independent group situations.
- **Grade 5:** Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher).