



# Low 5s – High 5s

A quick energiser. Players perform the nominated 'low 5s' or 'high 5s' with 4 other players. Play with 8 or more.

## What to do

### Setting up

- > An area free of obstacles
- > Players dispersed over the playing area

### Playing

- > If it is the first time the activity is performed, call on different pairs to demonstrate the choices.
- > **Call the action** – remember players do it with 4 other players. If different 'low 5s' variations are executed, that's fine.
- > **Challenge** – how quickly can you do it?

## Safety

- > Choose an area away from walls and other obstructions.
- > Encourage soft contact when hands or feet come together.
- > If the activity starts with random running, players should have completed space awareness activities.



## Change it

- > Choose an appropriate option from those shown – feet/hands combinations are useful.
- > Try eyes closed (or use eye shades), players use voice, clapping or tapping to find one another and locate hands/feet.
- > **Call a name** – players call to someone on the opposite side of the playing area. Be prepared for some noise!
- > **Birthday 5s** – find someone born in February, March or April, etc.
- > Have players make up a sequence of high 5s/ low 5s like a secret handshake!
- > Include movement skills between each action call so students get increased activity time and change partners regularly.



## LEARNING INTENTION

Low5s – High 5s is a warm up activity that develops cooperative behaviours and can be used to develop movement and balancing skills depending on the combinations used.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS STABILITY/BALANCE

MOTIVATION COLLABORATION

TACTICS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08  
ACPMPO25  
ACPMPO43