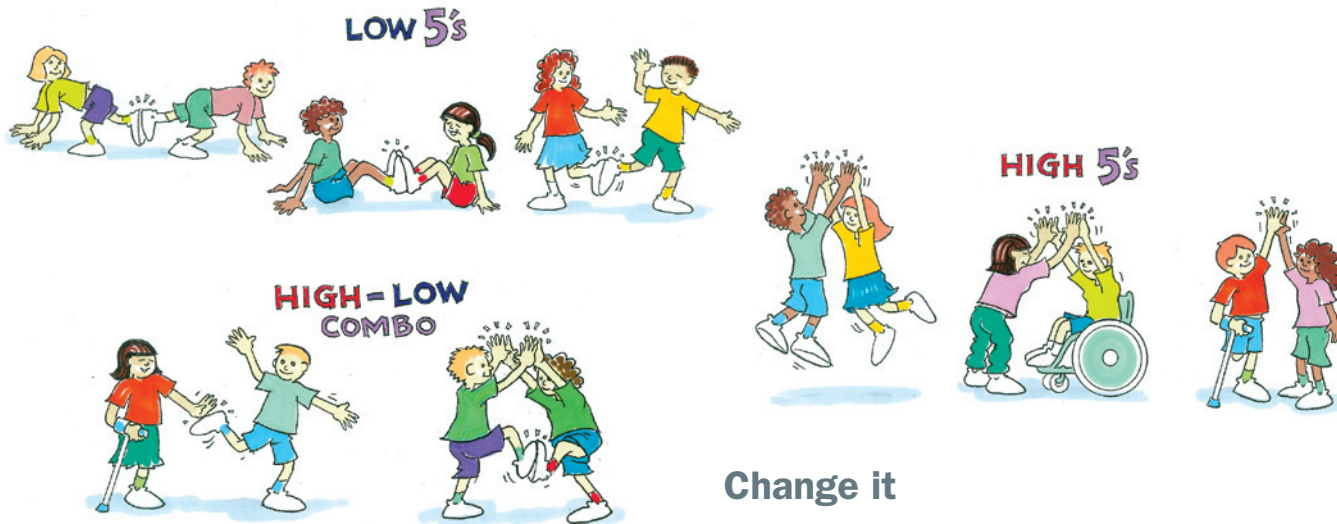




Low 5s – High 5s

B 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?

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.

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.



LESSON LINK

Low5s – High 5s is a session energiser that is useful for transitions. See also cards Start out WC 09b, 10a.