

HIGH-FIVE RELAY

READY

EQUIPMENT:

CONES

SET-UP:

CIRCLE

NUMBER OF STUDENTS: 30 +

TIME: 15 MINUTES +

EXPLAIN

- 1 Form a circle! We are going to make 2 teams. Make sure you are toe-to-toe with the student next to you.
- 2 The first student will run around the circle as quickly as possible then high-five the next student to go.
- 3 After high-fiving the player, sit down quickly so they can run around the circle. Continue until all players have gone.
- 4 The first team to have all players sitting down wins!

✓ **For Understanding:**

- When can you run?
- What must you do once you give a high-five?

GAME TIP:

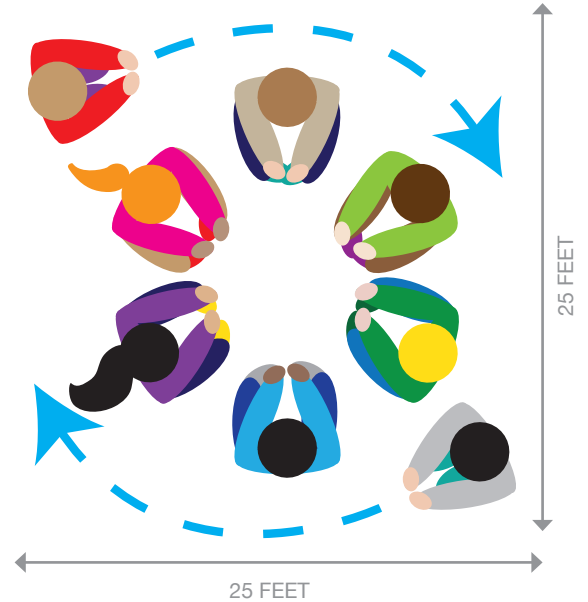
- Demonstrate to students. Make multiple teams for bigger groups.

CONFLICT RESOLUTION TIP:

- Have students cheer each other on.

INDOOR TIP:

- Have students skip or hop to lower the energy.



PLAY → REP IT OUT!

- **EASY:** Skip.
- **MEDIUM:** Hop on 2 feet.
- **HARD:** Hop on 1 foot.

CATEGORY:

RELAY RACES

ENVIRONMENT:

SMALL PLAYGROUND

GRADES:

K-5

FITNESS FOCUS:



BACK-UP GAMES:

CAT AND MOUSE
 FRUIT SALAD
 TAKE THAT SPOT