

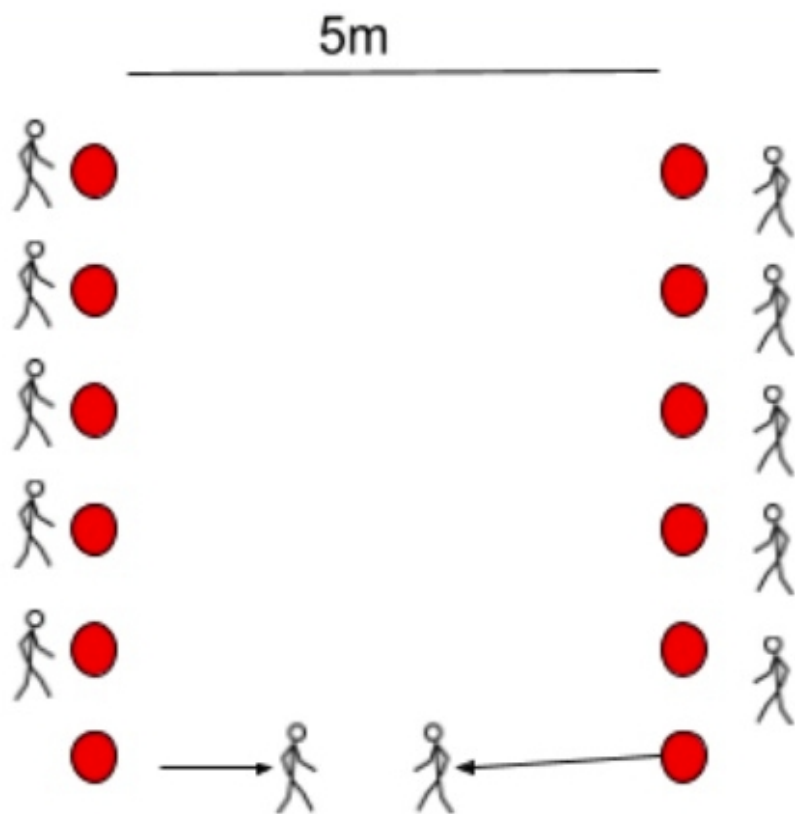
High Fives

GameProgression

How to play

1. Work in pairs
2. Players line up in two lines approximately 5m apart facing partner
3. Coach call sequence of numbers (e.g. 1,2). Players run forward and perform high fives in sequence and run back. Sequence of numbers can become increasingly complex (e.g. 1, 3, 2, 4)

1. Have students think of other actions to perform
2. Students to call out own series of numbers/combinations to perform



Key for coach instructions

- 1= high five left hand
- 2= high five right hand
- 3= double high five ('boom')
- 4= toe tap left foot
- 5= toe tap right foot
- 6= double to tap