

Garden Games

High Five



How to score:

- ✓ Allow a time limit to get as many High 5's as possible.
- ✓ Can you continue running until you achieve 10, 15 or 20 high 5's.

How to Play:

- ✓ Pairs set off running in opposite directions around the garden.
- ✓ When they meet each other, they must high 5, turn around and run back in the opposite direction meeting each other again to high 5.

High 5

The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Speed and agility
- ✓ Aerobic endurance
- ✓ Speed endurance
- ✓ Move with control

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.