

High Five Friday

Be Active Activity

Co-ordination Challenge

Challenge the class to do something physically difficult, such as standing on one foot with arms extended. Or you could try some of these ideas...

Juggling with bean bags or balls

Jump rope challenges

Play balloon hockey

Keep It Up

The aim is to keep a beach ball or balloon from hitting the ground. Add more balls for more fun!

Balance Challenge

Give each person a beanbag, challenge them to walk around the room or playground balancing the beanbag on their heads. If someone drops his or her beanbag, they must freeze until a friend picks it up and places it back on their head for them (while keeping their own bean bag in place, of course!).