

High Five Friday

Be Active Activity

Five Minute Workout

Five Minute Playground or Classroom Workout

Set a timer and try the activity for each animal for 45 seconds, followed by 15 seconds of rest.

Be like an elephant. March on the spot, stomping your feet as hard as you can

Be like a crab. Sit down on the floor. Put your hands on the ground behind you. Lift your hips up and crawl around. Look out for furniture and other crabs!

Be like a bear. Walk on your hands and feet, hips high in the air. Try to make the hand and foot on the same side move at the same time.

Be like a frog. Hop, hop, hop on the spot! Crouch down like a frog and jump up stretching high!

Be like a starfish. Star jumps. When you jump, spread your arms and legs out like a star. Jump again and bring them together. In-out-in-out!

Remember to keep your animals safe! Stay behind your desk or space well out on the playground.