

**T**wo students climb alongside each other. When they reach the top rung of a ladder or the top of a wall or net, they turn to one another and give a “high five.” They then descend together, dismount, and give a “high ten.”

**Play Element:** Climbing

## NASPE Standards

#1, #3, #4, #5, and #6

## Benefits

- Develops upper- and lower-body strength and endurance
- Combines body management skills and relational movement in a fun way
- Fosters student interaction and mutual support in group work

## Teaching Tips

- Pair students of similar body size and strengths.
- Multiple pairs can perform the activity simultaneously on separate climbing apparatuses. Pairs switch to new climbing apparatuses after a designated length of time.

## Safety Tips

- Assist students who may have difficulty climbing down.
- Ensure that there is sufficient playground safety surfacing under and around the equipment.

## Variations

*Easier* | Perch one student on the platform at the top of the climbing component. His or her job is to give high fives to climbers when they reach the top. This student can change each time a student climbs to the top.

*More Challenging* | Expand beyond pairs to groups of three or four.

## Did You Know?

National High Five Day is celebrated every year on the third Thursday of April!

