



## What is *High 5*?



**High 5 for Fitness** is a set of resources to help students take control of their own fitness by making healthy physical activity, nutrition, and hydration choices. Being fit means that students eat well, drink plenty of water, and move 60 minutes or more every day. **High 5** is designed to increase knowledge and awareness of healthy behaviors, and engage students in physical activities to improve flexibility, strength, and endurance. **High 5** offers an inclusive approach to teaching students with and without intellectual disabilities that can be used within a [Comprehensive School Physical Activity Program](#). The **High 5** resources are available for ages 8-11, 12-14, and 15-21.

## High 5 Resources

**High 5 Guides** offer information on how to be healthy including nutrition tips, ways to stay hydrated, and exercises for health and sport performance. The guides may be used to support standards-based health and physical education programming by educators.

**High 5 Cards** include a variety of exercises that target flexibility, endurance, and strength, and progress through three levels (Basic, Intermediate and Advanced) to challenge students to engage in more complex exercises using proper form. The cards have pictures and simple instructions so students can use them independently or in groups.

**High 5 Videos** are a complementary resource to the cards and guide that provide demonstrations of each exercise, with music by [Hip Hop Public Health](#) and a timer/counter so that students can keep track of how long they perform each exercise. For each age group, there are 9 videos comprised of 27 to 36 total exercises.

## Ways to Use *High 5*

- **High 5** resources can be integrated into a classroom or homeroom activity, a daily routine, a 10-15 minute movement break, a physical education class, or in a health education lesson,
- **High 5** resources can be used to support before and after school activities, intramural clubs, sports teams, and summer programs.
- Use the **High 5 guide** for health education programming and teaching nutritional guidelines such as eating from all five food groups and the importance of staying hydrated.
- **High 5 cards and videos** are good for encouraging regular physical activity throughout the school day to meet the recommended 60 minutes or more a day for youth.
- Encourage students and families to use the weekly tracker or 12-week trackers in the **High 5 guides and cards** to monitor their fitness and health goals.
- **High 5** resources are great for promoting social inclusion for students with and without intellectual disabilities in Unified Clubs, Unified Physical Education, and whole-school engagement activities.

## Additional Resources

- [Special Olympics Unified Activity Plans](#) – 60-minute lesson plans featuring sports skills and fitness drills using **High 5**
- Caregiver's Guide to support the use of **High 5** resources at home
- Survey to share feedback on **High 5** resources [HERE](#)
- Check out more Special Olympics Fitness resources [HERE](#)