



# High5-Low5 Balance Tag

InterActive4Life

INTERACTIVITY IN A SNAP SHOT

Player 1 takes one step and one pivot towards a person and tries to clap their hand.

Player 1 tried to clap player 2's hand but missed because they dodged just in time. No point for player one, it becomes player 2's turn.



Other players strike a pose that they think will protect their hands and stay frozen in that pose UNLESS the player takes a swing.

## HELPFUL TIPS

1. You can "fake" by twitching your arm (so long that it's not a full swing).
2. Players always play in the same order.
3. You can target anyone. Just remember the closer you get to them, the easier it is for them to get to you.
4. Restrict the playing area to make it more difficult.



# High5–Low5 Balance Tag

InterActive4Life

## COOPERATIVE INTERACTIVITIES

### Student Targets



#### Movement Competence

Learn to perform a variety of static balances, using different body parts at different low, medium, and high levels. Apply movement strategies (i.e., optimal leans to maintain counter-balance and asynchronous connection).



#### SEL

Show positive motivation and perseverance while exploring ways of using different body parts and balancing. Develop adaptive management and coping strategies, and critical and creative thinking skills through competitive play.



#### Relationship

Notice what different energies/ power/ life emerge when you are experiencing optimal connection while moving towards and away from others in a contrasting fashion.



#### Physical Distance

This InterActivity can be performed 2 meters away from partner.



#### Close Proximity

This game can be performed in close contact with someone in the participant's social bubble.

### Activity Overview

Students must use active and reactive balancing skills through space with the goal of not falling over.



# High5–Low5 Balance Tag

InterActive4Life

## COOPERATIVE INTERACTIVITIES

### Getting Started:

Play this game with a family member or partner (who is a part of your close social circle). Players begin near each other and in a pose of their choice (i.e., a lunge). Each player takes turns moving. The first player begins by taking one step and one pivot. After-which, they may attempt to clap their opponents' hands.

- The opponent must stay frozen while the player swings to make a high-5-like contact. The player is allowed one swing. If they touch the hand of the opponent, the opponent must put their hand behind their back. This is strike one.

### Modifications to the Game:

- If they hit or miss, it becomes the next person's turn.
- Two hands (or strikes) and the player restarts the game with a different pose.
- **Size of boundary:** To increase difficulty decrease the boundary/ area, to decrease difficulty, increase the size of the boundary area.
- **Locomotor movement:** Players move around a defined area in a designated locomotor pattern, i.e., walking lunges, 1 leg hops, crab walks, to music. When the music stops, the goal is to maintain a balanced position while at the same time playfully and respectively trying to destabilize a person close to them, i.e., gentle taps on the back or shoulders. Pool noodles may be used for the playful prods if physical distancing is required.
- **Use a manipulative & increase physical distance:** Avoid close contact and increase distance between players by using a pool noodle or changing the amount of steps during game play.

### Adaptations to Rules of the Game:

- **Cooperative Rally:** Players can play this game with a partner with interlocked elbows. They learn to cooperatively work together to maintain balance while making high-5 contacts with other pairs.



# High5–Low5 Balance Tag

InterActive4Life

## COOPERATIVE INTERACTIVITIES

### InterActive Function2Flow Assessment:

#### InterActive Function

(Connecting Postures)

- Is there an optimal posture that gives you an advantage over your partner?

#### InterActive Form

(Connecting Positions)

- What positions make you feel more stable and grounded?

#### InterActive Feeling

(Connecting Sensations  
of Timing & Force)

- What ways can the timing & force of your opponents gestures and expressions influence the sense of connection? How does this help you make contact or avoid connection through the hand clap?

#### InterActive Flow

(Connecting Energies)

- How do you know you are in the flow? i.e., describe the responsive actions & reactions to unpredictable moments or surprises.