



High 5 for Fitness Educator's Guide

What is *High 5*?



High 5 for Fitness is a set of resources to help young people between the ages of 8 and 21 take control of their fitness. Being fit means eating from all six food categories, drinking 1-3 water bottles per day, and moving 60 minutes or more every day. High 5 aims to increase knowledge and awareness of healthy behaviors, and engage youth in physical activities to improve **flexibility, strength, and endurance**. High 5 resources are inclusive, for young people with and without intellectual disabilities. The following information is intended to help parents, families, and caregivers play a pivotal role in their child's fitness journey.

High 5 for Fitness Resources

High 5 Guides: Information on how to be healthy including nutrition tips, ways to stay hydrated, and exercises for health optimization and sport performance. Feature weekly and monthly progress trackers to help young people set and achieve their fitness goals.

High 5 Cards: Instructions for and pictures of exercises that focus on flexibility, endurance, and strength. Exercises are categorized into three levels based on difficulty, encouraging young people to work towards progressively increasing their fitness competencies.

High 5 Videos: Companion resources to the High 5 Cards and provide demonstrations of each exercise, with music by [Hip Hop Public Health](#) and a timer/counter to help youth track the time they spend on each exercise.

High 5 Lesson Plans: Aligned with SHAPE America Standards for Health and Physical Education, these guided activities and exercises are meant to empower school educators to provide fitness opportunities for students with and without ID, using High 5 for Fitness resources.

Ways to use *High 5 for Fitness Resources*:

- Integrate activities from **High 5 Lesson Plans** into a classroom activity, a 10- to 15-minute movement break, a physical education class, or a health education lesson.
- Complement extracurricular activities, clubs, sports teams, and/or summer programs.
- Develop health education programs and teach nutritional guidelines such as eating from all six food categories and the importance of staying hydrated with water in place of sugar, sweetened beverages using [High 5 Guides](#).
- Encourage regular physical activity throughout the school day to reach the recommended 60 minutes using **High 5 Videos**.
- Leverage the daily or 12-week tracker in the [High 5 Cards](#) to monitor student progress towards physical improvement and health related goals.
- Promote the social inclusion of students with and without intellectual disabilities in Unified Clubs, Unified Physical Education and school-wide integration activities using [High 5 Resources](#).