**Memory Lane**

Grade Level: 3-5

Duration: approx 3-5 min.

Location: Standing at desks with partners

Equipment: none

Directions:

1. Teacher calls out one task at a time and partners complete that task.

2. Tasks should be called out in the order provided.

* High five right
* High five left
* Low five right
* Low five left
* High ten
* Low ten
* Backwards ten high
* Backwards ten low
* Tunnel ten (feet apart, back to back, reach between legs and hit low ten)
* Sole of shoes right
* Sole of shoes left
* Elbow right
* Elbow left
* Both elbows

3. Partners repeat the tasks beginning with the first task each time.

4. Have students repeat sequence as fast as they can with accuracy

*Energizers, Classroom Based Physical Activities*. (2012, May 17). Retrieved from www.ecu.edu: http://www.ecu.edu/cs-hhp/exss/upload/Energizers\_for\_Grades\_3\_5.pdf