

Warm-Up & High Energy Program 30 people (5 mins)

1. [Skipping Rope](#) – wonderfully creative & energetic warm-up
2. [1-2-3-4](#) – fast-paced small group activity which adds up to a lot of fun

Props – none required

Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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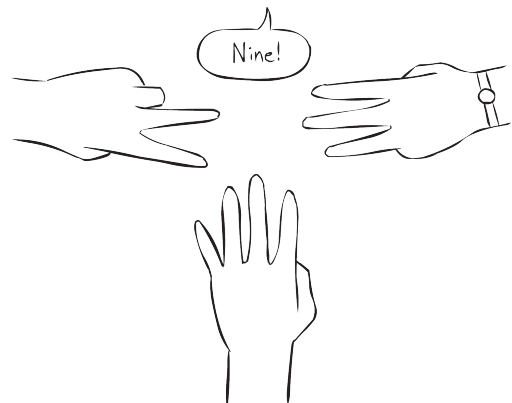
1. Skipping Rope (2 mins)

1. Ask your group to spread out over an open area.
2. Invite them to bend down and pick up the (imaginary) skipping rope in front of them.
3. By way of demonstration, step inside the rope and start rotating the rope over your body as if skipping.
4. Ask your group to follow your lead, and demonstrate a wide variety of skipping rope moves, one after another.
5. Continue for 1 to 2 minutes, or until your or your group is exhausted.



2. 1-2-3-4 (3 mins)

1. Ask your group to form into small groups of two (or three) people.
2. Instruct each group to shake their fists up and down at the same time as they chant "ONE, TWO, THREE, FOUR" together.
3. On "...FOUR," everyone extends any number of fingers from none to five.
4. Explain that the aim is for the group to achieve exactly seven (or eleven) extended fingers.



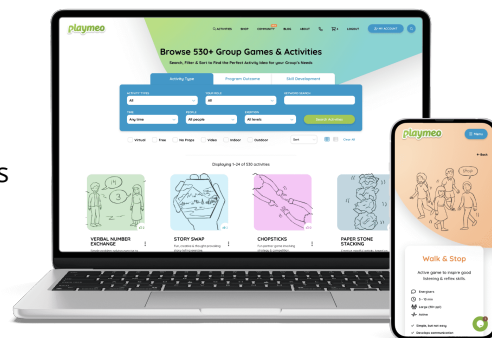
5. No talking is permitted between the players at any time.
6. Challenge each group to achieve the sum of seven (or eleven) as often as possible within 60 seconds.

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