Statement: The sum of any five consecutive integers is divisible by 5 (without remainder).

(Idea: 5 consecutive integers can be represented as n-2,n-1,n,n+1,n+2. Add them up and you'll get 5n which is divisble by 5)

proof:

for any integer n, we have 
$$(n-2)+(n-1)+(n)+(n+1)+(n+2)=5 n$$
 5n is divisible by 5

∴sum of five consecutive integers is divisible by five