

MODULE OVERVIEW

ABOUT THIS MODULE

Tabata Training is a short but meaningful module designed to teach the basics of Tabata methodology with a focus on exercise form and fitness knowledge concepts. The two-week module includes an activity and nutrition log in order to bring mindful consideration to each student’s lifestyle choices relating to personal health and fitness.

Planning and implementing this module in the first month of the school year will provide your classes with quick and customizable warm-up options while also providing students with applicable workout styles that can be done at home.

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NATIONAL STANDARDS AND OUTCOMES FOCUS

Standard 3 [M1.6-8] Physical activity knowledge

- ✓ Describes how being physically active leads to a healthy body (6);
- ✓ Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers (7);
- ✓ Identifies the 5 components of health-related fitness and explains the connections between fitness and overall physical and mental health (8).

Standard 3 [M6.6-8] Fitness knowledge

- ✓ Participates in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day (6);
- ✓ Participates in moderate to vigorous muscle- and bone-strengthening physical activity at least three times a week (7);
- ✓ Participates in moderate to vigorous aerobic and/or muscle- and bone-strengthening physical activity for at least 60 minutes per day at least 5 times per week (8).

Standard 3 [M7.6-8] Fitness knowledge

- ✓ Identifies the components of skill- related fitness (6);
- ✓ Distinguishes between health-related and skill-related fitness (7);
- ✓ Compares and contrasts health-related fitness components (8).

Standard 3 [M14.6-8] Fitness knowledge

- ✓ Identifies major muscles used in selected physical activities (6);
- ✓ Describes how muscles pull on bones to create movement in pairs by relaxing and contracting (7);
- ✓ Explains how body systems interact with one another (e.g., blood transports nutrients from the digestive system, oxygen from the respiratory system) during physical activity (8).

Standard 3 [M16.6-8] Assessment & program planning

- ✓ Maintains a physical activity log for at least two weeks and reflects on activity levels as documented in the log (6);
- ✓ Maintains a physical activity and nutrition log for at least two weeks and reflects on activity levels and nutrition as documented in the log (7);
- ✓ Designs and implements a program to improve levels of health-related fitness and nutrition (8).

Standard 4 [M7.6-8] Safety

- ✓ Uses physical activity (PA) and fitness equipment appropriately and safely, with the teacher's guidance (6);
- ✓ Independently uses PA and exercise equipment appropriately and safely (7);
- ✓ Independently uses PA and fitness equipment appropriately, and identifies specific safety concerns associated with the activity (8).

Standard 5 [M1.6-8] Health

- ✓ Describes how being physically active leads to a healthy body (6);
- ✓ Identifies different types of physical activities and describes how each exerts a positive impact on health (7);
- ✓ Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, cardiovascular endurance, and body composition) and explains the connections between fitness and overall physical and mental health (8).

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PLANNING COMPLETE LESSONS

Tabata Training activities are designed to provide vigorous warm-up/learning activities, as well as focused workout sessions in the form of Tabata interval training. The suggested block plan provides 30 to 45 minutes of physical activity. Additional activities can be added to extend the length of planned lessons. Adding activities from the Secondary Instant Activity module would provide a fun and vigorous large-group activity, which can be used to reinforce the importance of fitness concepts.

Tabata Warm-Up	<i>5 minutes</i>
+ Tabata Training Activity with Debrief	<i>10-15 minutes</i>
+ Large Group Activity with Debrief	<i>15-20 minutes</i>
+ Cool Down	<i>5 minutes</i>

Important: Suggestions are what they say they are – *suggestions*. All OPEN materials are offered in MS Word format so that you can easily modify our suggestions to meet the needs of your students.

ASSESSMENT

Several assessment options are provided with this module. They are designed to be interactive and fun while reinforcing the critical concepts covered in the activities.

Academic Language Quiz

A short academic language quiz is provided as a knowledge-based assessment. Each quiz is designed to provide a basic assessment of student understanding of a few of the module's critical academic language vocabulary words. We encourage you to use this format to create your own custom quizzes.

The format of each question has been written and optimized for use with Plickers, a data collection tool available for Apple and Android devices. To learn more about Plickers, visit: www.plickers.com

Holistic Performance Rubric

The Holistic Rubric can be used as a both formative and summative assessment within the module. Providing students with the rubric's criteria early in the module will allow for discussion and formative evaluation throughout activities/lessons.

The included Holistic Rubric separates skill/cognitive and personal & social responsibility (PSR) characteristics, providing two sets of criteria to be evaluated independently. This rubric can be completed as students perform learning activities and/or during their final day of Tabata Training, providing a final holistic evaluation of each student's performance.

Physical Activity Log

The activity log provided with this module allows students to track their physical activity and nutrition behaviors across a two-week period of time. At the end of each week, students will answer a series of questions below the weekly log chart. The log and the questions that follow are designed to help students work toward key fitness outcomes, reflect on their health behaviors, and document their behaviors and attitudes around fitness and fitness concepts.

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ASSESSMENT

Blank Tabata Routine Cards

One of the goals of the Tabata Training module is to teach students how to utilize and design Tabata workouts based on their exercise and activity preferences. Blank Routine Cards provide an opportunity for students to experiment with this workout design and allow teachers to assess and document student understanding of the module’s content.

Muscle- & Bone- Strengthening Puzzle

This word search is meant to reinforce student understanding of muscle- vs bone-strengthening exercise. It can be used as a homework assignment, an in-class activity for students with medical reasons for non-participation, or on days when physical activity space is unavailable.

SUGGESTED BLOCK PLAN

Lesson	Skill Activity	Suggested Academic Language
1	Tabata Warm-Up + One and Done + Empire Tag*	Appropriate, Equipment, Guidance, Identify, Independent, Safe, Safety Concerns, Set, Specific, Vigorous, Compare, Contrast, Distinguish, Health-Related Fitness, Skill-Related Fitness
2	Tabata Warm-Up + Double or Nothing + Guardian*	Major Muscles, Muscle, Bone, Relax, Contract, Body Systems, Interact, Blood, Nutrients, Digestive System, Oxygen, Respiratory System
3	Tabata Warm-Up + Mirror-Mirror + RPS Victory Lap*	Aerobic Activity, Bone-Strengthening Exercise, Continuous, Intermittent, Moderate Intensity, Muscle-Strengthening Exercise, Physically Active Lifestyle, Program, Vigorous Intensity
4	Tabata Warm-Up + Flip Flop Don’t Stop + Empire Tag*	Muscle, Body Systems, Encourage, Positive Talk
5	Tabata Warm-Up + Tabata Interval Stations + Guardian*	Blood, Body Systems, Contract, Interact, Nutrients, Oxygen, Relax, Respiratory System, Type

*Activities from Secondary Instant Activities module