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**Activity Procedures:**

1. It’s time for a cooperative Tabata-style workout called Mirror-Mirror.
2. Each exercise card gives a list of exercises/activities that can be completed during 1 set of the Tabata workout. This is called “Mirror-Mirror” because Partner A will choose an exercise during the 1st set, and Partner B will “mirror” her/his movements. When the music stops and starts again, Partner B will choose an exercise, and Partner A will “mirror” her/his movements. (Complete one 4-minute Tabata workout using this format.)
3. Next we’ll repeat this activity, but Partner A will complete muscle-strengthening exercises, and Partner B will complete bone-strengthening exercises. Keep in mind that some exercises may be both (bone- and muscle-strengthening).
4. Now that we’ve completed two 4-minute routines, find your activity log sheet from previous lessons and continue completing your log.

**Grade Level Progression:**

**6:** Perform the activity as described above.

**7 & 8:** Allow students to create their own list of bone- and muscle-strengthening exercises.

**Equipment:**

* 5 (or more) cones with task tents
* 5 (or more) Mirror-Mirror Exercise Cards
* See exercise cards for equipment needed
* 1 physical activity log sheet per student
* Tabata audio cues (Tabata timer app)

**Set-Up:**

1. Place cones around the perimeter of the activity area with space for students to exercise safely.
2. Place Mirror-Mirror Cards in the front side of each task tent or display them using a projector that can be seen by all students.
3. Place activity log sheets in an area accessible to students.

* **Skill:** I will demonstrate fitness activities with proper form and attention to safety.
* **Cognitive:** I will identify exercises that work to improve both muscle and bone strength.
* **Fitness:** I will perform exercises that work to improve both muscle and bone strength.
* **Personal & Social Responsibility:** I will focus on safe and appropriate participation.
* Demonstrate Exercise Cues
* Listen for Start/Stop Signals
* Maintain Exercise Intensity

**MIRROR-MIRROR**

**MIRROR-MIRROR**



* Decrease the intensity of this activity by providing a longer rest interval.
* Don’t limit exercise choices to bone- and muscle-strengthening options. Give other options that meet the needs of your students.



* **DOK 1:** How can you recognize a bone-strengthening exercise? A muscle-strengthening exercise?
* **DOK 2:** How would you compare and/or contrast bone-strengthening with muscle-strengthening exercises?
* **DOK 3:** How are muscle- and bone-strengthening exercises related to a physically active lifestyle?
* **DOK 4:** Develop a comprehensive exercise program that will help you incorporate muscle- and bone-strengthening activity into your weekly routine at least 5 times per week.



Aerobic Activity, Bone-Strengthening Exercise, Continuous, Intermittent, Moderate Intensity, Muscle-Strengthening Exercise, Physically Active Lifestyle, Program, Vigorous Intensity



* **Standard 3 [M6.6-8]** 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 five times a week (8).
* **Standard 3 [M7.6-8]** 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 4 [M7.6-8]** Uses physical activity and fitness equipment appropriately and safely, with the teacher’s guidance (6); Independently uses physical activity and exercise equipment appropriately and safely (7); Independently uses physical activity and fitness equipment appropriately and identifies specific safety concerns associated with the activity (8).



**Help students examine similarities and differences:** Muscle- and bone-strengthening exercises are essential for good physical health across a person’s lifespan. However, many programs fail to help students classify activities for future lifestyle planning. Deeply discussing these elements of good health allows students to examine the concepts as well as their current and future activity choices with the skills and knowledge needed to make appropriate lifestyle choices.