

TABATA TRUE/FALSE WARM-UP



LEARNING TARGETS:

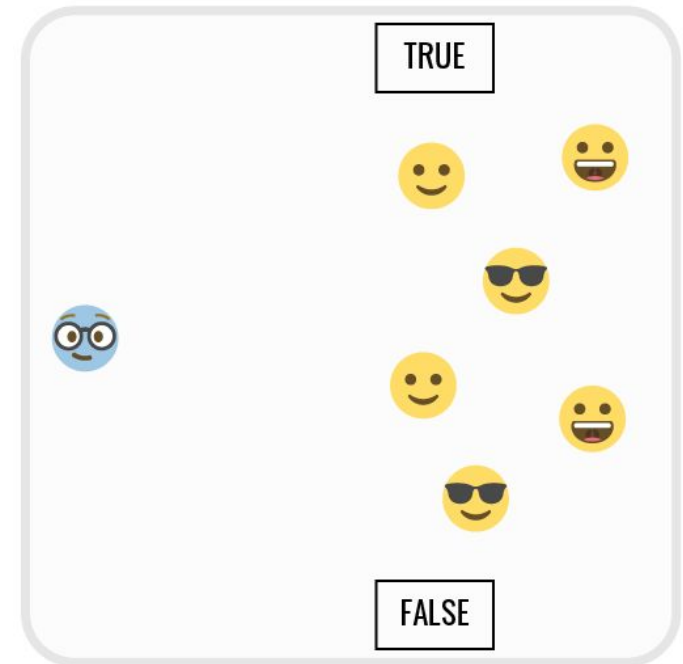
- **Skill:** I will perform exercises using correct form.
- **Cognitive:** I will give correct answers to health-related fitness questions.
- **Physical Activity:** I will perform exercises with a focus on safety.
- **SEL:** I will follow all activity instructions with zero reminders.

EQUIPMENT NEEDED:

- True/False posters; list of T/F fitness questions, [Tabata music](#)

ORGANIZE:

- **Space:** Post the True poster on the wall to the right of the students and the False poster on the wall to the left.
- **Students:** Scatter students in the activity area facing the teacher/leader with the T/F posters on their right and left.



PROCEDURES:

- **The Object:** To correctly answer questions and indicate your answer by facing the appropriate poster and performing the designated exercise.
- **The Process:** The activity starts when the leader asks the class a true/false question about health-related fitness. As soon as the question is asked, start the Tabata interval music.
- Students answer the question by turning to face the True or the False poster and performing the warm-up exercise during the Tabata Interval.
- When the music stops (during the rest interval), the leader will ask the group another question. They will answer in same way as before, facing the correct poster and performing the warm-up exercise.
- Jumping Jacks, Planks, Jump Rope, Lunges, Squats, and Skier Jumps are all good warm-up exercises to get you started.

SAMPLE QUESTIONS

- *True or False:* Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition are known as the 5 components of fitness. (TRUE)
- *True or False:* Jogging a 5K is a Muscular Strength exercise. (FALSE)