



## TABATA HOT POTATO

### STUDENT TARGETS

- **Skill:** I will perform 1 perfect repetition of a fitness exercise.
- **Cognitive:** I will identify the fitness component for different exercises.
- **Physical Activity:** I will maximize my physical activity time.
- **Personal & Social Responsibility:** I will mindfully regulate behavior with a focus on group goals.

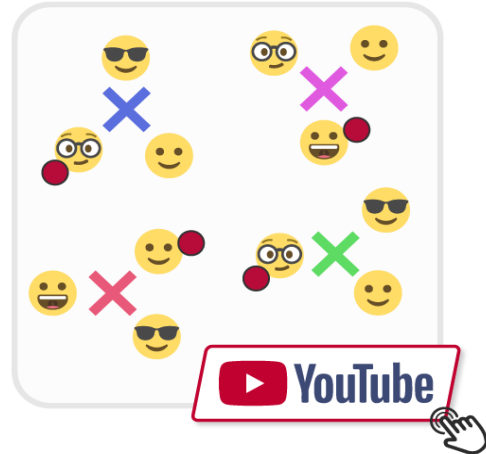
### EQUIPMENT & SET-UP

#### Equipment:

- 1 cone per team
- 1 Ball (or other object) per team
- [Tabata Music](#)

#### Set-Up:

- Scatter cones as home base markers in activity space. Place 1 ball next to each cone.
- Space cones far enough apart to allow teams to move safely.
- Create teams of 3-5 students. Each team stands in a circle around a cone.



### ACTIVITY PROCEDURES

1. Today we are going to work on volleying and passing.
2. When the music begins, you will begin to continuously pass the ball amongst your teammates.
3. When the music stops, whoever has the ball will perform 1 perfect repetition of an exercise (e.g., push-up) and will then name the health-related fitness component(s) addressed with that exercise.
4. When the music starts again, begin to continuously pass the ball again with your teammates.
5. For the next round, you are going to volley the ball continuously with your teammates instead of passing. We will follow the same pattern of whoever has the ball when the music stops will perform 1 perfect repetition of an exercise and then name the health-related fitness component addresses with that exercise.
6. On the stop signal freeze and be ready for the next set of directions.

### GRADE LEVEL PROGRESSION

**Level 1:** Allow students to choose an object that matches their skill and interest level.

**Level 2:** Challenge students by prompting them to move clockwise as they pass or volley. When the music stops and restarts, they change directions.

### ACADEMIC LANGUAGE

Health-related Fitness, Mindful, Regulate

### PRIORITY OUTCOMES

#### Personal Responsibility & Safety:

Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules).

### DISCUSSION QUESTIONS

- What does it mean to *mindfully regulate behavior*?
- How does your ability to *regulate behavior* affect your team's learning experience?