



## TABATA TEAM SCRAMBLE

### STUDENT TARGETS

- **Skill:** I will perform each exercise with control and correct technique.
- **Cognitive:** I will discuss the importance of correct technique.
- **Physical Activity:** I will move at a moderate to vigorous intensity level.
- **Personal & Social Responsibility:** I will cooperate with my team to score Team Scramble points.

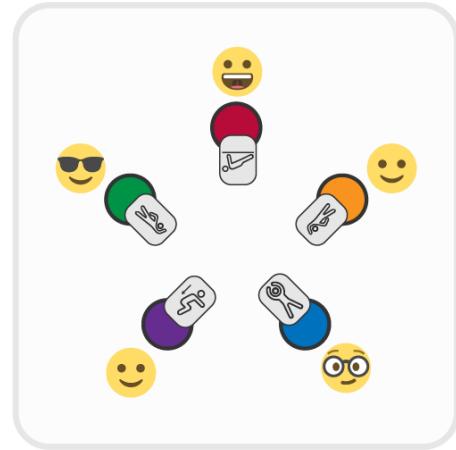
### EQUIPMENT & SET-UP

#### Equipment:

- 1 low-profile cone per student
- 1 fitness card per student
- [Tabata Music](#)
- Components of Fitness Posters

#### Set-Up:

- Place 3-5 cones in a circle for each team of students. Place an exercise card at each cone.
- Create teams of 3-5 students. Each student stands behind a low-profile cone.



### ACTIVITY PROCEDURES

1. Today we are going to work on proper exercise form and technique.
2. When the music begins, all students will perform the exercise that is displayed on the fitness card at their cone. Focus on using proper form and technique.
3. When the music stops, all students quickly scramble to a new cone before the music begins again. The object is to scramble and change cone positions when the music is off, with all team members ready at a new cone before the music begins again. Your team will score 1 point if all team members are ready to exercise when the music begins.
4. When the music starts again, begin to perform the exercise that is displayed on the fitness card at your new cone.
5. On the stop signal freeze and be ready for the next set of directions.

### GRADE LEVEL PROGRESSION

**Level 1:** Simplify the activity by prompting students to rotate 1 cone clockwise or counterclockwise.

**Level 2:** Add a challenge with teams swapping cones with other teams.

### ACADEMIC LANGUAGE

Control, Cooperate, Intensity, Moderate, Technique, Vigorous

### 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 is *technique*, and how is it related to exercise safety?
- What does it mean to *cooperate*, and how is cooperation related to positive learning environments?