



TABATA TEAM REP CHALLENGE

STUDENT TARGETS

- **Skill:** I will perform exercises and skills with a focus on safety and control.
- **Cognitive:** I will discuss the concept of respect with classmates.
- **Physical Activity:** I will stay active throughout the team challenge.
- **Personal & Social Responsibility:** I will demonstrate respect for self and others.

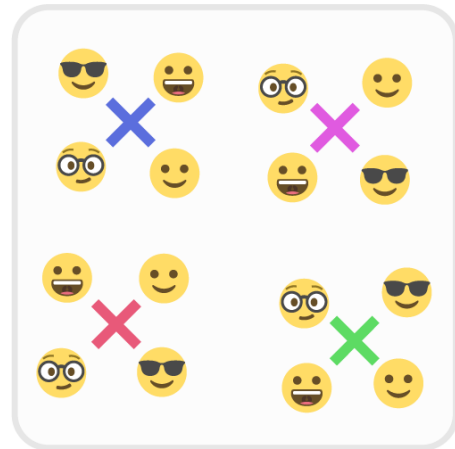
EQUIPMENT & SET-UP

Equipment:

- 1 cone per team
- Whiteboard or poster board
- [Tabata Music](#)

Set-Up:

- Scatter cones as home base markers.
- Write 2 exercises or skill drills on a whiteboard or poster (e.g., Plank Shoulder Taps & Plank Jacks).
- Create teams of 3-5 students. Each student stands in a circle around their cone.



ACTIVITY PROCEDURES

1. Today we are going to work on performing as many repetitions as you can as a team during the 4-minute Tabata cycle.
2. When the music begins, all students will perform 1 of the 2 exercises listed at your cone while counting repetitions (reps). In our example, either plank shoulder taps or plank jacks, count each tap or jump as 1 plank rep.
3. When the music stops, all students rest and prepare to perform the other exercise listed at their cone.
4. When the music starts again, continue counting reps by adding to the number left off in the previous round. Teacher Note: This activity can be done with any 2 exercises or skill drills. For example, dribbling right and then left-handed, or volleying a balloon underhand and overhand, or jumping jacks and burpees.
5. At the end of the 4-minute Tabata cycle, teammates will add reps together to get a Team Rep Score.
6. On the stop signal freeze and be ready for the next set of directions.

GRADE LEVEL PROGRESSION

Level 1: Play as described above.

Level 2: Allow students to create their own skill options for their cone.

ACADEMIC LANGUAGE

Control, Repetition, Respect, Safe, Team

PRIORITY OUTCOMES

Working with Others:

Uses communication skills and strategies that promote positive team/group dynamics.

DISCUSSION QUESTIONS

- In this challenge, how did you demonstrate respect for self? Respect for others?
- What behaviors can you demonstrate as you work to earn respect from your classmates and friends?