



TABATA HIGH OR LOW

STUDENT TARGETS

- **Skill:** I will perform exercises using safe and controlled form.
- **Cognitive:** I will discuss the work preparation with my classmates.
- **Physical Activity:** I will stay physically active through the challenge.
- **Personal & Social Responsibility:** I will discuss how regular physical activity is related to my overall health and wellbeing.

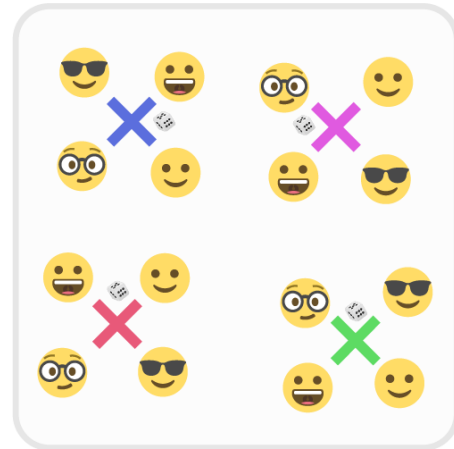
EQUIPMENT & SET-UP

Equipment:

- 1 cone per team
- 1 six-sided die per team
- [Tabata Music](#)

Set-Up:

- Scatter cones as home base markers with 1 die per team next to the cone.
- Create teams of 3-5 students with one team in a circle around each cone.



ACTIVITY PROCEDURES

1. Today we are going to see if you can guess if a roll of the dice will be high (4,5,6) or low (1,2,3).
2. When the music begins, students make a guess (high or low) by raising both arms to the sky (high), or pointing both hands to the floor (low). The first student rolls the die. If the roll is low, all who guessed high begin performing the designated exercise (jumping jacks for example) for the rest of the Tabata interval. Those who guessed correctly, now make another guess and the student will roll again. The same student continues to roll the dice until the music stops.
3. When the music stops, a new student will become the dice roller. Choose a new exercise for those who guess incorrectly to perform until the music stops.
4. When the music starts again, continue rolling the dice and guessing high or low.
5. Teams will continue until the end of the 4-minute Tabata cycle.

GRADE LEVEL PROGRESSION

Level 1: Create a variety of different high/low signals that can be performed by all students.

Level 2: Generate a list of possible exercises and allow students to perform the exercise of their choice if they guess incorrectly.

ACADEMIC LANGUAGE

Opportunity, Personal Fitness, Physical Activity, Preparation

PRIORITY OUTCOMES

Working with Others:

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

DISCUSSION QUESTIONS

- There's a saying, "good luck is where preparation meets opportunity." What do you think this saying means? How does regular physical activity help you be prepared for life's opportunities?