



TABATA RPS RACE

STUDENT TARGETS

- **Skill:** I will focus on exercise form and perform 1 perfect repetition.
- **Cognitive:** I will discuss personal challenges with my classmates.
- **Physical Activity:** I will be active with a variety of RPS partners.
- **Personal & Social Responsibility:** I will demonstrate active listening as others share their examples of personal challenges.

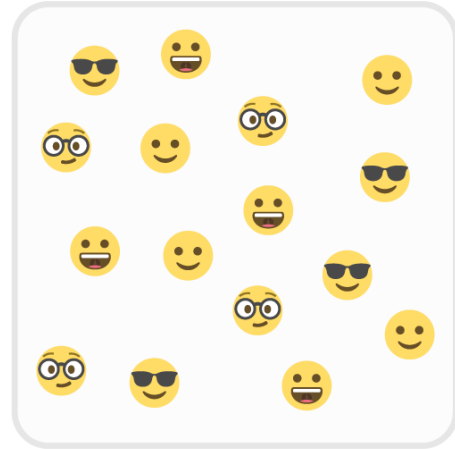
EQUIPMENT & SET-UP

Equipment:

- [Tabata Music](#)

Set-Up:

- Create a large open activity area.
- Scatter students in the activity area.



ACTIVITY PROCEDURES

1. Today we are going to see how many rounds of Rock, Paper, Scissors (R,P,S) you can win during each Tabata interval.
2. When the music begins, find a partner and play 1 game of R,P,S (if it is a tie, try again). As soon as the game is over, quickly find a new partner and play again. Continue with as many new R,P,S partners as possible while the music plays.
3. The goal is to play with as many different classmates as possible during each Tabata interval.
4. When the music stops, quickly perform one burpee to “reset” your scores for the next round. You will only have 10 seconds to perform a burpee and find a new partner to be ready to play again.
5. When the music starts, continue playing R,P,S with your classmates until the music stops again.
6. Teams will continue until the end of the 4-minute Tabata cycle.

GRADE LEVEL PROGRESSION

- Level 1:** Use any of the popular R,P,S modifications (e.g., full body RPS; Giants, Wizards, Elves; etc.).
- Level 2:** Replace the burpee with another exercise that meets your students needs and skill level.

ACADEMIC LANGUAGE

Challenge, Overcome, Support

PRIORITY OUTCOMES

Personal Challenge:

Recognizes individual challenges and copes in a positive way, such as extending more effort, asking for help/feedback, or modifying the task.

DISCUSSION QUESTIONS

- What is a personal challenge? Can you give examples of personal challenges that you’ve faced?
- What helped you overcome a personal challenge? How did the support of another person help?