



TABATA DICE DUEL

STUDENT TARGETS

- **Skill:** I will perform exercises using safe and controlled form.
- **Cognitive:** I will discuss the joys of being physically active.
- **Physical Activity:** I will work to increase my heart rate.
- **Personal & Social Responsibility:** I will discuss ways that I can encourage others to be active.

EQUIPMENT & SET-UP

Equipment:

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

Set-Up:

- Scatter dice as home base markers with space in between them for teams to be active.
- Create teams of 3-5 students. Each team stands in a circle around the die.
- Pair two teams to compete against one another.



ACTIVITY PROCEDURES

1. Today we are going to see which team can score the highest number of points when rolling the dice. Who is feeling lucky today?
2. When the music begins, choose an exercise from the exercise list, then roll the die and perform that number of repetitions of the chosen exercise. Continue rolling and performing repetitions for the full 20-second Tabata interval.
3. When the music stops, roll the die as many times as you want to during the rest interval. Stop when you roll a high number. If the music starts before you stop, your score is the last number that you rolled. You will only have 10 seconds to roll the highest possible number.
4. When the music starts, continue rolling the die and exercising until the music stops again.
5. Teams will continue until the end of the 4-minute Tabata cycle. Teams will add your points from the highest dice roll from ALL of the rest intervals for your overall Tabata Team Score.

GRADE LEVEL PROGRESSION

Level 1: Play as described above.

Level 2: Allow students to create a list of exercises or skill drills that match their interests.

ACADEMIC LANGUAGE

Encourage, Enjoy, Physical Activity, 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 do you enjoy most about being physically active with friends and classmates?
- How can you encourage your friends and family members to be physically active with you?