

The following block plan is a suggested progression of activities to be introduced over 4 classes. Modify this document based on your class schedule requirements. Review activities as needed.

Day 1:

1. Team Walk and Talk (Instant Activity); Academic Language Focus: Positive Language
2. Tabata Challenge Draw (Pick 3 activities out of a hat. Then, remove those activities while drawing on Day 2) ; Academic Language Focus: Choose from the drawn challenge card

Day 2:

1. Team Walk and Talk (Instant Activity); Academic Language Focus: Active Listening
2. Tabata Challenge Draw (Pick 3 activities out of a hat. Then, remove those activities while drawing on Day 3) ; Academic Language Focus: Choose from the drawn challenge card

Day 3:

1. Team Walk and Talk (Instant Activity); Academic Language Focus: Health-Related Fitness
2. Tabata Challenge Draw (Complete the final 3 challenge cards); Academic Language Focus: Choose from the drawn challenge card

Day 4:

1. Team Walk and Talk (Instant Activity); Academic Language Focus: Emotional Fitness
2. Student Challenge Choice (Allow students to choose 3 favorite challenges); Academic Language Focus: Choose from the drawn challenge card