

TABATA HOT POTATO

LEARNING TARGETS:

- **Skill:** I will perform 1 perfect repetition of a fitness exercise.
- **Cognitive:** I will identify the fitness component of different exercises.
- **Physical Activity:** I will maximize my physical activity time.
- **SEL:** I will mindfully regulate behavior with a focus on group goals.

TARGET VOCABULARY:

- Health-Related Fitness (all 5 components), Mindful, Regulate

EQUIPMENT NEEDED:

- Tabata Music; 1 Cone per Team; Ball (or other object); Exercise List; Health-Related Physical & Mental Fitness Posters

ORGANIZE:

- **Space:** Scatter cones as home base markers. Place 1 ball next to each cone. Give space for teams to be safely active.
- **Students:** Teams of 3 to 5. Each team circles around a cone.

PROCEDURES:

- **The Object:** The object of this activity is to continuously volley or pass the ball while the music plays. The student with the ball when the music stops performs 1 perfect repetition of an exercise (e.g., push-up) and names the health-related fitness component(s) address with that exercises.
- **The Process:** Music On: Begin passing/volleying. Music Off: Perform 1 perfect repetition.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Allow students to choose an object that matches their skill and interest level.
- Challenges students by prompting them to move clockwise as they pass or volley. When the music stops and restarts, they change directions.

DISCUSSION STARTERS:

- What does it mean to *mindfully regulate behavior*?
- How does your ability to *regulate behavior* affect your team's learning experience?

