

# TABATA TEAM INCHWORM RELAY



## LEARNING TARGETS:

- **Skill:** I will move with a focus on safety and control.
- **Cognitive:** I will discuss teamwork with my classmates.
- **Physical Activity:** I will demonstrate good effort during the challenge.
- **SEL:** I will contribute to my team's overall success as we try to improve.

## TARGET VOCABULARY:

- Contribute, Effort, Improve, Teamwork

## EQUIPMENT NEEDED:

- Tabata Music; 2 cones per team

## ORGANIZE:

- **Space:** Create a line of cones as the starting line of a relay race.
- **Students:** Teams of 3 to 5 behind each cone with an extra cones. The first student in line begins in pike position.

## PROCEDURES:

- **The Object:** To see how far the team can move using an inchworm race format.
- **The Process:** Music On: Student 1 goes from Pike to Plank position and yells "GO!" Student 2 runs to the front of the link and moves from Pike to Plank position and yells "GO!" Student 3 repeats. When all students have gone, Student 1 continues by getting up and running to the front of the line and goes from Pike to Plank. Music Off: Team quickly places the extra cone to mark the spot they reached. This is the distance to beat during the next round. Repeat for the entire 4-minute Tabata cycle.

## DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Rather than Pike-to-Plank, students move to the front and lay down head-to-toe, or extend arms finger-to-finger. In other words, modify the movements and exercises to match the needs of your students.

## DISCUSSION STARTERS:

- What is teamwork? What does teamwork look like? What does it sound like?
- Did your team improve? How did you contribute to your team's success in this challenge?

