

TABATA TEAM CHARADES



LEARNING TARGETS:

- **Skill:** I will perform exercises using safe and controlled form.
- **Cognitive:** I will choose exercises that match fitness components.
- **Physical Activity:** I will increase my heart rate during this challenge.
- **SEL:** I will demonstrate cooperative behaviors during this challenge.

TARGET VOCABULARY:

- Control, Cooperation, Health-Related Fitness, Safe

EQUIPMENT NEEDED:

- Tabata Music; 1 cone per team, Fitness Charades Cards

ORGANIZE:

- **Space:** Scatter cones as home base markers. Cones on their side with charades cards mixed up inside the bottom of the cone.
- **Students:** Teams of 3 to 5. Each team circles around a cone.

PROCEDURES:

- **The Object:** Teams guess the Fitness Charade exercise and fitness component and perform together.
- **The Process:** Music On: First student pulls a card and acts out an exercise that matches the component of fitness on the card. Teammates begin performing the exercise as they guess its name as well as its component of fitness. Music Off: Activity stops and the next student (clockwise rotation) pulls a card and gets ready to perform a new activity or exercise that matches the fitness component on the card.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Provide cards with components of fitness as well as activities that match.
- Or, use a whiteboard to create and display a list of activities that can be done for each fitness component.

DISCUSSION STARTERS:

- What are the 5 components of fitness? What exercises/activities can we do to improve each component?
- How did you demonstrate cooperation during this team challenge? How does cooperation affect enjoyment?

