

TABATA RPS RACE



LEARNING TARGETS:

- **Skill:** I will focus on exercise form and perform 1 perfect repetition.
- **Cognitive:** I will discuss personal challenges with my classmates.
- **Physical Activity:** I will be active with a variety of RPS partners.
- **SEL:** I will demonstrate active listening as others share their examples of personal challenges.

TARGET VOCABULARY:

- Challenge, Overcome, Support

EQUIPMENT NEEDED:

- Tabata Music

ORGANIZE:

- **Space:** Create a large open activity area.
- **Students:** Scatter students in the activity area.

PROCEDURES:

- **The Object:** To win as many rounds of Rock, Paper, Scissor as you can during each Tabata interval.
- **The Process:** Music On: Students find a partner and play 1 game of R,P,S (if it is a tie, try again). As soon as the game is over, quickly find a new partner and play again. Continue with as many new partners as possible while the music plays. Music Off: All students perform 1 “Perfect Burpee” and reset their scores for a new Tabata interval.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Use any of the popular R,P,S modifications (e.g., full body RPS; Giants, Wizards, Elves; etc.).
- Replace the “Perfect Burpee” with another exercise that meets your students needs and skill level.

DISCUSSION STARTERS:

- What is a personal challenge? Can you give examples of personal challenges that you’ve faced?
- What helped you overcome a personal challenge? How did the support of another person help?

