

TABATA DICE DUEL



LEARNING TARGETS:

- **Skill:** I will perform exercises using safe and controlled form.
- **Cognitive:** I will discuss the joys of being physically active.
- **Physical Activity:** I will work to increase my heart rate.
- **SEL:** I will discuss ways that I can encourage others to be active.

TARGET VOCABULARY:

- Encourage, Enjoy, Physical Activity, Support

EQUIPMENT NEEDED:

- Tabata Music; 1 Six-Sided Die Per Team

ORGANIZE:

- **Space:** Scatter dice as home base markers with space for teams to be safely active.
- **Students:** Teams of 3 to 5. Each team circles around a die. Pair 2 teams to compete against one another.

PROCEDURES:

- **The Object:** To score the highest number possible by rolling a high number when the music is off.
- **The Process:** Music On: Teammate choose an exercise form the exercise list, the roll the die and perform that number of repetitions of the chosen exercise. Continue rolling and performing repetitions for the full 20 second interval. Music Off: Roll the die as many times as you want to during the rest interval. Stop when you roll a high number. If the music starts before you stop, your score is the last number that you rolled. Add your scores from each rest interval for your overall Tabata Team Score.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Allow students to create a list of exercises or skill drills that match their skills and interests.

DISCUSSION STARTERS:

- What do you enjoy most about being physically active with friends and classmates?
- How can you encourage your friends and family members to be physically active with you?

