

TABATA TEAM PEP TALK

LEARNING TARGETS:

- **Skill:** I will use positive language during my pep talk.
- **Cognitive:** I will discuss components of emotional fitness in my talk.
- **Physical Activity:** I will discuss health-related fitness in my talk.
- **SEL:** I will act as a support system for my classmates and friends.

TARGET VOCABULARY:

- Encouragement, Pep Talk, Positive Language, Support System

EQUIPMENT NEEDED:

- [Tabata Music](#); 1 Cone per Team; Ball (or other object)

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:** For each member of the team to lead a pep talk using positive and encouraging language.
- **The Process:** Play 1 round of Hot Potato. The student who ends with the ball begins the pep talk.
- **Music On:** The pep talk leader gives the team a 20-second pep talk based on the day's emotional fitness component. **Music Off:** Rotate discussion leader either clockwise or counter-clockwise. Continue until all students have been the discussion leader. If time permits, take two turns with students providing a PEP talk using the Health-Related Fitness Component.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- As a group, discuss what would be included in a pep talk and write example phrases on a white board or poster so students can review the phrases during their talk.
- Choose pep talk captains on each team that you know will be able to be successful. Allow other students to listen to the talks without the pressure of taking a pep talk turn.
- Complete this as a class with the teacher giving the pep talk and passing to students who have prepared.

