



The following block plan is a suggested progression of activities to be introduced over 4 classes. Modify this document based on your class schedule requirements. Review activities as needed.

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Day 1:

1. Team Walk and Talk (Instant Activity); Academic Language Focus: Positive Language
2. Tabata Challenge Draw (Pick 3 activities out of a hat. Then, remove those activities while drawing on Day 2) ; Academic Language Focus: Choose from the drawn challenge card
3. Tabata Team PEP Talk (Closing Activity) ; Academic Language Focus: Pep Talk

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Day 2:

1. Team Walk and Talk (Instant Activity); Academic Language Focus: Active Listening
2. Tabata Challenge Draw (Pick 3 activities out of a hat. Then, remove those activities while drawing on Day 3) ; Academic Language Focus: Choose from the drawn challenge card
3. Tabata Team PEP Talk (Closing Activity); Academic Language Focus: Encouragement

3

Day 3:

1. Team Walk and Talk (Instant Activity); Academic Language Focus: Health-Related Fitness
2. Tabata Challenge Draw (Complete the final 3 challenge cards);
Academic Language Focus: Choose from the drawn challenge card
3. Tabata Team PEP Talk (Closing Activity); Academic Language Focus: Support System

4

Day 4:

1. Team Walk and Talk (Instant Activity); Academic Language Focus: Emotional Fitness
2. Student Challenge Choice (Allow students to choose 3 favorite challenges);
Academic Language Focus: Choose from the drawn challenge card
3. Tabata Team PEP Talk (Closing Activity); Academic Language Focus: Positive Language