

Name of Activity	
Tabata	
Submitted by	SHAPE America Staff
National Standard(s)	Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Grade Level Outcome or Performance Indicator	Participates in a variety of strength and endurance-fitness activities such as Pilates, resistance training, bodyweight training and light free-weight training. (S3.M3.7)
Activity Objective	To help increase cardiovascular and muscular endurance.
Grade(s)	Grade 7
Materials	Music, light dumbbells/sandbags/ resistance tubes
Activity Description	Diagram
<p>Tabata is a circuit of eight exercises. Students will perform each exercise for 20 seconds at high intensity with 10 seconds of rest immediately following. This is a great activity for a warm-up to a skill or fitness assessment or to squeeze fitness in between longer activities in a lesson. Have students perform at least two rounds of the Tabata circuit with a minute of rest in between.</p> <p>You can have students perform the Tabata circuit in pairs, groups or individually depending on what you are doing in class. Tabata rounds can focus on one component of health-related fitness or cover multiple components.</p> <p>If you have heart rate monitors, have students wear them during this activity to measure their heart rate.</p> <p>Below is a Tabata circuit example focuses muscular and cardiovascular endurance. Each student should have a set of light dumbbells/sandbags/ resistance bands.</p> <ol style="list-style-type: none"> 1 High knees 2 Invisible jump rope 3 Lunge with a bicep curl 4 Squat to a shoulder press 5 Burpees 6 Jumping lunges- Students will perform lunges on each leg but will add a jump in between so there is no pause. 	

7 Punches- Have students stand with feet shoulder width apart and alternate punches as fast as they can. Students can challenge themselves by using their dumbbells/sandbags. If using resistance bands, have students stand in a staggered stance with the band firmly under their front foot.

8 Squat jumps- Students can opt to use dumbbells/sandbags/resistance bands

Have music playing to help motivate students. Through an online search, you can download and use a free Tabata timer that will automatically sound at 20 seconds and 10 seconds so students will know when to start and stop. Try <http://www.tabatatimer.com/>.

Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.