

Grade 9-12

Distance Learning Module 6: Week of: May 11<sup>th</sup> – May 15<sup>th</sup>

## Grade 9 Physical Education *Unit 6 - Introduction to Tabata*

**Targeted Goals from Stage 4:** Students will be introduced to the basic concepts associated with Tabata/HITT style workouts. Throughout this module students will not only have an opportunity to learn about the mental and physical benefits of tabata but they will have an opportunity to fully experience those benefits. Students will achieve this by participating in various tabata stations that will be offered during this week's module.

**Content Knowledge:** Fitness

**Vocabulary:** Tabata, HITT, and Health benefits of Tabata/HITT style workouts.

**Skills:** Cardiovascular Endurance, Muscular Endurance, Muscular Strength, and Flexibility .

**Expectation:** Please follow the directions under Description Of Task. The intent is to perform a different tabata workout each day. You can choose any station that you want. You will pick one a day for three days (Tuesday, Wednesday, and Thursday) On Friday you will create your own tabata workout and that will be your workout of the day. You will share your tabata workout in your tabata log. The expectation for this week's module is to have fun trying some different tabata workouts and turning in your completed tabata log on Friday.

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: <u><i>Tabata</i></u>  1 Watch the introduction video on Tabata. 2. When finished with the video. Try the tabata workout of the day... <b>Paper Plate Tabata</b> 3. After your workout answer the Day 1 questions located in the <b>Tabata Log</b> . This is a google doc so you can add to it each day. You	Watch the Video below: <a href="#">Tabata Workout For Beginners - The Official Video Guide</a>  For the <a href="#">Paper Plate Tabata</a> workout, see link posted in Google classroom	<b>Answer Day 1 questions in your daily Tabata Log:</b> <ul style="list-style-type: none"><li>• What is Tabata?</li><li>• What was your Favorite exercise from the Paper Plate Tabata workout?</li><li>• What was the most challenging exercise for you?</li><li>• How did you feel mentally when you were finished?</li></ul>

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will turn in this form on Friday.		
<p>Tuesday:</p> <p>TABATA</p> <p>1 Watch the video on HIIT.</p> <p>2. When finished with the video. Click the tabata Stations link and choose one tabata workout to complete.</p> <p>3. After your workout answer the Day 2 questions in the <b><u>Tabata Log</u></b>. This is a google doc so you can add to it each day. You will turn in this form on Friday.</p>	<p>Watch the Video below</p> <p><a href="#">What is HIIT? 7 Proven HIIT Benefits and How to Do It Properly   The Health Nerd</a></p> <p>Click the link below to choose your tabata workout for the day</p> <p><a href="#">Tabata Stations</a></p>	<p><b>Answer Day 2 questions in your daily Tabata Log:</b></p> <ul style="list-style-type: none"> <li>• What is HIIT?</li> <li>• What is one Health Benefit of Tabata/HIIT?</li> <li>• Who was the Japanese scientist that created tabata style training?</li> <li>• What tabata workout did you pick?</li> <li>• Reflection</li> </ul>
<p>Wednesday:</p> <p><b><u>TABATA</u></b></p> <p>1. Click the tabata Stations link and choose one tabata workout to complete.</p> <p>2. After your workout answer the Day 3 questions in the <b><u>Tabata Log</u></b>. This is a google doc so you can add to it each day. You will turn in this form on Friday.</p>	<p>Click the link below to choose your tabata workout for the day</p> <p><a href="#">Tabata Stations</a></p>	<p><b>Answer Day 3 questions in your daily Tabata Log:</b></p> <ul style="list-style-type: none"> <li>• What tabata workout did you pick?</li> <li>• Reflect on what you liked/disliked and how you mentally felt after?</li> </ul>
<p>Thursday:</p> <p><b><u>TABATA</u></b></p> <p>1. Click the tabata Stations link and choose</p>	<p>Click the link below to choose your tabata workout for the day</p> <p><a href="#">Tabata Stations</a></p>	<p><b>Answer Day 4 questions in your daily Tabata Log:</b></p> <ul style="list-style-type: none"> <li>• What tabata workout did you pick?</li> <li>• Reflect on what you liked/disliked and</li> </ul>

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
<p>one tabata workout to complete.</p> <p>2. After your workout answer the Day 4 questions in the <b>Tabata Log</b>. This is a google doc so you can add to it each day. You will turn in this form on Friday.</p>		<p>how you mentally felt after?</p>
<p>Friday:</p> <p><b><u>TABATA</u></b></p> <p>1. Today you will create your own tabata workout and that will be your workout of the day. You will share your tabata workout in your tabata log.</p> <p>2. After your workout answer the Day 5 questions in the <b>Tabata Log</b>. When finished remember to turn in today.</p>		<p><b>Answer Day 5 questions in your daily Tabata Log:</b></p> <ul style="list-style-type: none"> <li>• Share your tabata workout?</li> <li>• What was your favorite tabata workout this week?</li> <li>• Reflect on what you liked/disliked and how you mentally felt after?</li> </ul>

**Week criteria for success:** Submission of Tabata Log Sheet.

**Supportive resources and tutorials for the week:** DAREBEE: