



Physical Education Enrichment Activity Lesson



Title: Tabata Fitness Exercise and Bag Tossing and Catching

Grade: 3-5,

Summary: Train like an athlete with Tabata Fitness and try the toss and catching challenges. This activity you can do inside or outside. If it is windy, you might want to stay inside. *Put on your sneakers/tennis shoes and make sure you have personal/bubble space around you to move safely in and have fun!*

Materials: timer, pictures below or internet access, 2 plastic grocery bags or thin weight dishtowels, pretend jump rope.

Fitness: Tabata fitness- exercise for 20-30 seconds then rest for 10 seconds to build a healthy heart and stronger muscles. Do the exercises on cards and time your work and rest periods or choose a YouTube link and follow along. Pick 2 Tabata's for a challenge!

Fitness Tabata 3-5 Warm Up <https://video.link/w/KIN4>

Thunder <https://video.link/w/oJN4>



Modifications: Reduce exercise times on Tabata cards. Try starting with 10 second exercises and a 5 sec rest. Do three exercise challenges and take a 2 minute break and then finish the last three exercises on the card. If doing YouTube Tabata, pause if you need a break.

Time to Move! Toss and Catch: follow the toss, catch activity cards, and practice your skills. Notice the cards tell you how many to do. Pick your favorite ones and repeat. Have fun!



Modifications: Toss and catch cards: Reduce the number of toss and catches or cut the time in half. When working with a partner, try one bag first and then try using two bags.

Extra Choices - Enrichments:

Explore these additional challenges

INVENT A TOSS/CATCH



BE SAFE!

Be creative

1 MINUTE

Invent some new ways to toss and catch one plastic bag. Be creative but safe with your movement.

26 Home Toss and Catch

PARTNER FLOAT TOSS



MOVE TO THE BAG WHILE IT IS IN THE AIR

Try tossing from different distances

25 TIMES

From a comfortable distance, toss and catch a plastic bag with a partner. Try tossing and catching with either hand.

33 Home Toss and Catch

DOUBLE PARTNER TOSS



Say 1, 2, 3, toss

CATCH WITH THE OPPOSITE HAND YOU TOSSED FROM

22 TIMES

From a comfortable distance, toss and catch with a partner using 2 plastic bags. Toss the bags at the same time.

34 Home Toss and Catch

Avengers

<https://video.link/w/RJN4>