

# Fit For Life

IHT Lesson | January | Teacher Guide

## Stage 3: Learning Plan (Activity)

### Lesson Goals:

The purpose of this lesson is for students to access and improve upon their personal fitness. Students will focus on 4 fitness components during this lesson (cardio respiratory endurance, muscular strength, muscular endurance and flexibility).

The goals of January's IHT Spirit lesson are for students to work with the High Intensity Interval Training (HIIT) principle. Students will be introduced to this training principle through circuit training. Students will complete different exercises for each component within a workout. Students will also work on recognizing the value of physical activity for health, enjoyment, challenge, and social interaction. The lesson includes post-workout reflection on the benefits, both immediate and long-term, of exercising at an elevated heart rate.

### Student Objectives:

**Students will understand the benefits of interval training.**  
**Students will perform a Tabata workout while maintaining a health-enhancing level of physical activity.**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

*Refer to your state manual for the standards that apply to your state and grade level.*

### Instructor Notes and Set Up:

- Set up 8 stations (workout activities)
- Set up Tabata timer on a projector (find several Tabata timers in the App Store)
- Set up 1 or more modifiers to challenge all levels of fitness and ability

### Warm-Up:

- 6 minutes of cardio exercise

## FIT FOR LIFE

### Tabata workout

- Each participant will work out for 20 seconds at each station
- Participants get a 10-second rest time between each station
- At the end of each round (8 stations), participants take a 1-minute break
- Complete the Tabata circuit 8 times

### Tabata Stations:

1. **Plyo Box:** 2-footed jump on and off the box, or 1-foot touch on and off the box, or 1-leg step up. **Modifier:** set 3 boxes at different heights
2. **Plank:** 2-arm plank; side plank; plank with weights; plank jacks
3. **Cardio:** Jog, jumping jacks or jump rope (speed or heavy)
4. **Tricep Extension on Bosu Ball:** Keep the weight close to the head; 1-arm isolation or 2-arm extension. **Modifier:** Use appropriate weights
5. **Kettlebell Swing:** Use an appropriate weight; keep the back straight; use the hips to swing the kettlebell. **Modifier:** 1-arm swings; use appropriate weights
6. **Abdominal Station:** Choose between V-ups; Russian twist with weights; figure 8; leg lifts. **Modifier:** Substitute different weight-based exercises for Russian twist
7. **Battle Rope:** Two arms or single arm. **Modifier:** Add weights
8. **Slam Balls:** Overhead or side to side. **Modifier:** Add weights; hold weights overhead

### Age-Based Modifications

To modify the Tabata workout for specific age groups, simply modify the types of exercises that students complete at each station. For elementary and middle school students, use body weight-based exercises to replace kettlebells or dumbbells. Refer to your age-group standards and guidelines.

### Equipment needed:

- Jump ropes of various lengths and weight
- Weights and kettlebells
- Various Exercise equipment: jump ropes, ladder, medicine balls, weights, etc.
- Music for workout/motivation
- Tabata timer and projector

### Assessment & Closure:

After students have completed the entire Tabata workout, allow them time to assess their performance and reflect on the workout; its impact on their fitness both today and in the future.

#### **Student reflection questions to consider, either in group discussion or journal format:**

- Which stations in today's Tabata kept you in the target heart rate zone? Why?
- If you were to design your own Tabata, what activities (stations) would you include?
- Why is High Intensity Interval Training Important?
- What are the benefits of this type of exercise?
- What does this Tabata workout teach you about your recovery heart rate? What is recovery heart rate?
- Why is it important to have a strong recovery heart rate when looking at your long-term health?
- How does the short duration of a Tabata workout increase your attitude to work out regularly?
- Explain how the high intensity of this type of workout improves mental toughness.