

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
<b>Aquatic Tabata Fitness</b>	
<b>Submitted by</b>	<b>Tracy Sharlow</b>
<b>National Standard(s)</b>	<b>Standard 1, Standard 4, Standard 5</b>
<b>Grade Level Outcome or Performance Indicator</b>	
<b>Activity Objective</b>	<b>Students will successfully engage in an aerobic workout, following a Tabata style Aquatic Fitness routine as demonstrated and taught by their teacher.</b>
<b>Grade(s)</b>	<b>Adapted PE / High School and Upper Middle School level</b>
<b>Materials</b>	<b>Aquatic dumbbells/iPod with Tabata playlist/stereo/ (Aqua Joggers, noodles, push bells with tether belts)</b>
Activity Description	
<p><b>WARM UP:</b> Students swim 5 laps to warm up prior to activity</p> <p><b>ACTIVITY:</b> Students stand in the shallow end of the pool while teacher describes the Tabata fitness method of high intensity exercise of exercising for 20 seconds followed by resting for 10 seconds. The teacher may also explain the historical background of Tabata; it was an exercise program that was developed by a Japanese Professor of Exercise Scientist, Dr. Izumi Tabata, for Japanese Olympic Speed Skaters. This fact pumps my students up because they now feel that they are training like an Olympic Athlete! The teacher then demonstrates and has the students practice the exercises that will be performed. Students are reminded that it is their personal responsibility to be aware of and respect the other students around them. The aquatic dumbbells are introduced when the teacher feels that the students can perform the exercises in a safe manner. A demonstration and explanation of the purpose of the dumbbells is given. Students are informed that the bigger the aquatic dumbbell moves through the water with more resistance so it is a more intense workout than using a smaller dumbbell. A Tabata playlist is used that contains approximately 4 Tabata songs to last a total of approximately 12 minutes. Tabata specific songs can be purchased from iTunes or you can purchase a Tabata timer to use with Kid Bop Songs or other good exercise tunes of your choice. Exercises are performed on 20 second intervals, with a stretch or rest on every 10 seconds (the Tabata music signals when to exercise and when to rest). Sample exercises are jumping jacks, scissor jumps, running in place, high knee running, bicep curls in the water, tricep extensions in the water, jumping with high knees, windshield wiper arm movements, arm rolls, etc. Stretches include tricep stretch, midline torsion rotation in the water, one knee to chest, long body stretch, wrist stretch, side bends, etc.</p> <p><b>COOL DOWN:</b> Students check pulses, then march in place while the teacher reminds them that Aquatic Fitness programs are available for them to go to with a parent, family member, or friend at this pool in their community.</p> <p><b>COMMUNITY ACCESS FOLLOW THROUGH:</b> Parents are made aware of the possible aquatic fitness programs in our community.</p>	

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### **Modifications**

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

- \*Advanced students use the bigger barbells. Weaker students may opt out of barbells**
- \*Students who cannot grip a dumbbell can use special dumbbells called push bells tethered to their hands**
- \*Aqua joggers for students who cannot maintain stability when standing in the water**
- \*Fearful students can hold onto pool wall so they feel safe and modify the exercises**