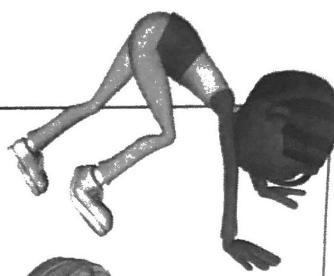


TABATA

2

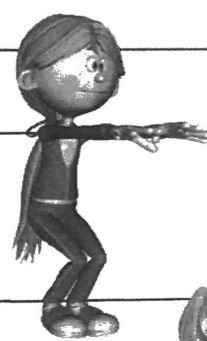
1. MOUNTAIN CLIMBERS



10 SEC REST

20 SEC MOVE

2. SQUATS



10 SEC REST

20 SEC MOVE

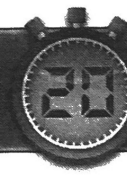
3. SIT-UPS



10 SEC REST

20 SEC MOVE

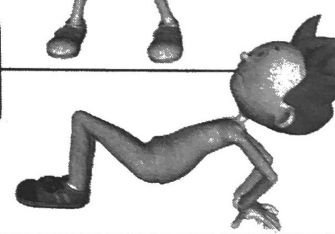
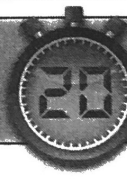
4. ARM CIRCLES



10 SEC REST

20 SEC MOVE

5. GROUND DIPS



10 SEC REST

20 SEC MOVE

6. WALL SIT



10 SEC REST

20 SEC MOVE

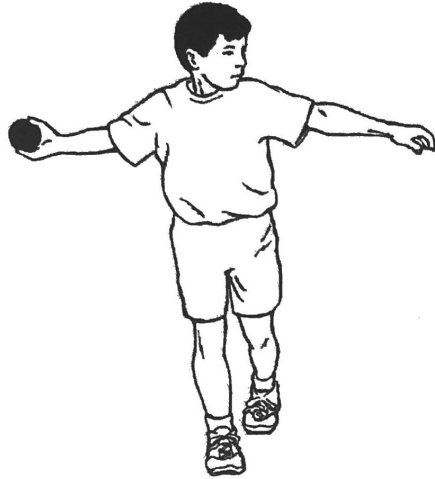
2

HIGH INTENSITY INTERVAL TRAINING

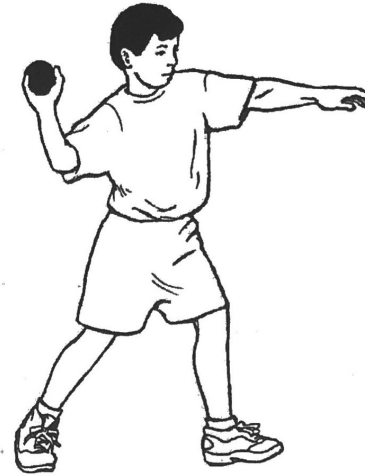
Overhand Throw



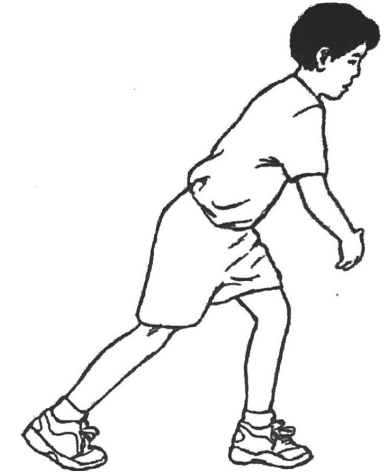
Ready



'T'



Step/Throw/Point



Follow Through

Look at the drawings to check for correct form. Perform each of the following three times. Taking turns with your partner, can you:

- Say the cue words as you throw the ball overhand to your partner?
- Throw the ball to the wall, hitting the wall at a high or medium level?
- Throw the yarn ball with hard force and hit near a target on the wall?
- Using hard force, throw the yarn ball above the target? To the right of the target? To the left of the target? Below the target? Can you do this and say where the ball will hit BEFORE you throw it?

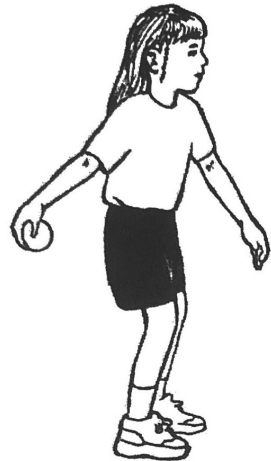
Equipment: 1 yarn ball & target on wall per pair

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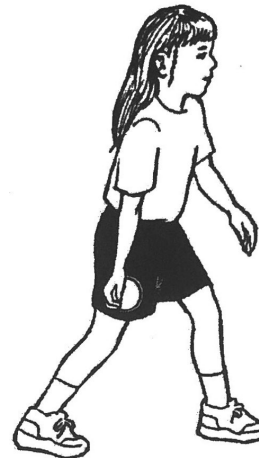
Underhand Throw



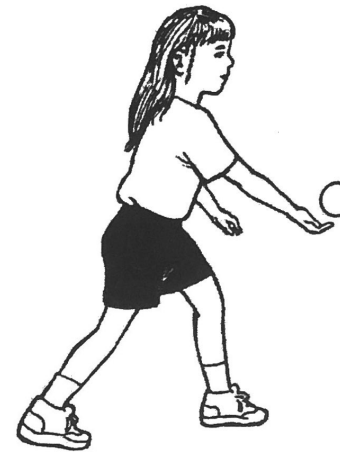
Ready



Arm Back



Step & Throw



Follow Through

Look at the drawings to check for correct form. Perform each of the following three times. Taking turns with your partner, can you:

- Say the cue words as you throw the ball to your partner?
- Throw the ball to the wall, hitting the wall at a high level? A medium level? A low level?
- Throw the ball with light force and hit a target on the wall?
- Stand two giant steps from your partner. Throw the ball underhand to your partner. How many times can the two of you throw and catch the ball, before it hits the ground?
- Repeat until the teacher tells you to move to the next station.

Equipment: 1 yarn ball & 1 target on wall per pair

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Catch – Above The Waist



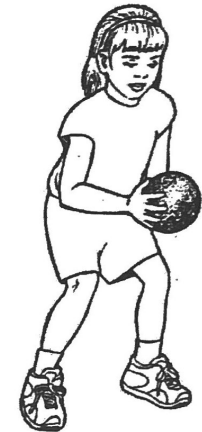
Ready Position



Step & Reach



Fingers Only



Give

Look at the drawings to check for correct form. Perform each of the following three times. Taking turns with your partner, can your partner:

- Toss a ball underhand at a high level for you to catch above your head?
- Toss a ball underhand at a high level while you move to your right or left to catch the ball above your head?
- Toss a ball underhand at a high level while you move forward to catch the ball above your head?
- Repeat until the teacher tells you to move to the next station.

Equipment: 1 yarn ball per student pair

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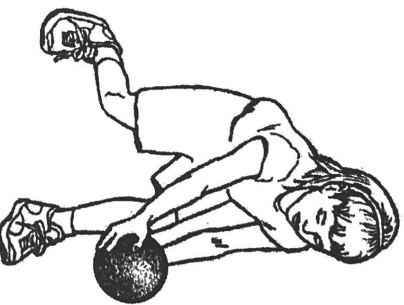
Catch – Below The Waist



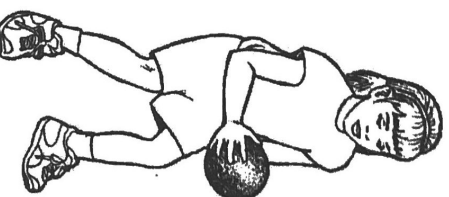
Ready Position



Step & Reach



Fingers Only



Give

Look at the drawings to check for correct form. Take turns with your partner and perform each of the following three times. Can your partner toss or bounce a ball underhand to you:

- At a low level so you can catch it below your waist?
- At a low level while you move to your right or left to catch the ball below your waist?
- At a low level while you move forward to catch the ball below your waist?
- Repeat until the teacher tells you to move to the next station.

Equipment: 1 yarn ball or playground ball per pair

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