

Tabata Time



Cardio Booster



5-7 minutes



Stopwatch



Instructions

Small space is required for this activity, but can be modified if space is limited. Pupils follow along the storyline performing the exercises for 20 seconds and then rest 10 seconds in between each movement. Pupils can repeat the four different exercises up to 5 times.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity, especially if taking place in a playground
- Remind pupils of their own spatial awareness
- Ensure pupils know who to tell if they feel unwell while exercising
- Give clear instructions

Teacher Tips

Refer to our activity sheet for the storyline based exercises, or alternatively create your own storyline. Choose an appropriate amount of times to repeat the exercises repeat x 4 = < 5mins, repeat x 5 = 6 mins.

Chest
Heart &
Stroke

Tabata Time

Foundation:

The class has been asked to make for the school. Aim to make as many bags as possible, but be careful not to burn the popcorn!



Put the popcorn in the microwave: squat down and then reach up



Heat the popcorn: run on the spot



Pop the popcorn: jumping on the spot



Pass the popcorn: reach up and then pass the popcorn to the person beside

Oh no, the popcorn is burnt! Make some new bags

KS1:

The class have been given a map and need to follow it to find the golden treasure. They need to head into the jungle, but be careful to follow the right path!



Running through the jungle:
run on the spot



Swing over the ravine: climb
up the vine and swing
across the trees



Jump across the river using
the lilypads: jumping on the
spot



Hide from the hunters:
tiptoe on the spot and then
squat down

Oh no, taken a wrong turn! Check
the map and go again



KS2:

The class has been asked to represent their country in the next Olympic games . They have been given the opportunity to practice some events.



100m race: sprinting on the spot



Rowing: extend arms out and bring in towards chest



High jump: run on the spot, squat down and jump up



Boxing: punch forwards

Oh no, you didn't win that round.
Go again to practice some more!

