

Intermediate Class wide Self-Regulation Tools

BENEFITS of SELF-REGULATED LEARNERS:

- ✓ Reduced stress related to academics
- ✓ Strategies become habits, which make them easier to apply and use
- ✓ A sense of control over academic career
- ✓ Ability to tackle complex tasks without feeling overwhelmed



WHY TABATA?

- ✓ “You can see better fitness gains with 4 minutes of Tabata intervals than an hour of running...”
- ✓ “High-intensity intermittent training is a very potent means of increasing maximal oxygen uptake”.
Fox, E. *Sport Physiology*. Philadelphia: W.B. Saunders, 1979, pp. 226.

STEP 1: Select and Play one Tabata video from list below

Tabata Videos

1. Teacher Tabata #1: https://www.youtube.com/watch?v=cPn-15F_Rsc
2. Teacher Tabata #2: https://www.youtube.com/watch?v=yjrl_ttKkkw
3. Teacher Tabata #3: <https://www.youtube.com/watch?v=FscNa9v9pcU>
4. Fortnight Tabata: <https://youtu.be/0kvyBApinGU>
5. Tabata Kids 5: <https://youtu.be/qhqmxkOAH6w>

Want more Tabata videos? Visit Runk PE on you tube.

High
Knees



STEP 2: Play one 2-5 minute breathing video (first time play one how to video to support buy in)

How to Videos: Proper breathing technique. PLAY ONE

1. **Deep Breathing as a coping Skill/Athletes:**
<https://www.youtube.com/watch?v=rMj9ZNdRQEc&feature=youtu.be>
2. **Mind of the Athlete—Deep Breath:**
<https://www.youtube.com/watch?v=gcRARq2DVjE&feature=youtu.be>



Breathing Videos: (Choose one. Play for 2-5minutes)

1. How to Breathe Like a Navy SEAL: <https://gearpatrol.com/2018/12/24/box-breathing-navy-seals/>
2. Triangle Breathing: <https://www.youtube.com/watch?v=G4-hVD9Tj6E>
3. Just Breathe: <https://www.youtube.com/watch?v=sebjvA54XBo>
4. 2 min Breathe Bubble: https://www.youtube.com/watch?v=9tOJZQhO_Uw
5. Box Breathing: <https://www.youtube.com/watch?v=cR8KSNe6VaM>

EXTRA: Teach kids how to take their own Heart Rate. Check out this link:

<https://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1467>

Before



After



Made in collaboration between Davie Jones Support Team and School Occupational Therapist 2019