



Tabata**Kids**

What is Tabata Kids?

Kids are meant to move! Recent studies show that asking children to do otherwise may actually be detrimental to their physical and cognitive development.

Tabata Kids embraces the natural impulse in children to be active. By engaging them in “brain breaks” consisting of specifically designed physical movements, set to Tabata Kids interval music, students experience a higher level of concentration and learning ability while simultaneously improving cardio health.



Tabata Kids movements are comprised of cardiorespiratory elevators combined with cross-lateralization brain stimulators, cross lateralization, also known as crossing the midline, encourages the brain’s left and right hemispheres to work collaterally. An example of this would be touching the left elbow to the right knee.

Tabata Kids utilizes the **tabata protocol**, a four minute high-intensity interval training method made famous by the Japanese Olympic Speed Skating Team. This protocol has been proven to increase aerobic and anaerobic capacities at an astonishing rate, utilizing 20 second long intervals of intense physical activity followed by 10 seconds of rest. We have found this to be an optimal time ratio for student “brain breaks.”

The backbone of Tabata Kids is the music we have specifically created for our program, which our students LOVE. Consisting of various intensities and musical genres, each song guides the listener through Tabata Kids movements, creating a CONTROLLED, MOTIVATING, & FUN environment. We have created two minute and four minute versions of each Tabata Kids song.

Tabata Kids can be adapted within any teaching space, especially the classroom, to positively enhance the health, wellness, and cognitive capacity of our students.

In the words of First Lady Michelle Obama, LET’S MOVE!

We are excited to help you implement this powerful program in your school!

TABATA:

4 Minute Interval Training Protocol
20 Seconds of Vigorous Exercise
Followed By
10 Seconds Rest

Tabata Kids - The Backstory

As a physical education teacher, I began introducing tabata interval workouts in my elementary classes three years ago. During this time I was performing research regarding the brain, cognitive capacity, and its connection with moderate to vigorous physical activity. The proverbial light went on for me when reading John Rattley's book "Spark: The Revolutionary New Science of Exercise and the Brain."

Since learning of numerous studies proving the academic benefits of aerobic exercise for students of all ages and demographics, I have come to understand the potential of Tabata Kids as not only a physical fitness tool, but as a vehicle for enhanced cognitive performance. Michele Tine, of Dartmouth College, recently published a study measuring students'



P.E. Teacher Pete Driscoll with middle school students.

selected visual attention in the "Frontiers in Psychology" research journal. This study described how small amounts of exercise increased attention and reading comprehension in all student participants. In addition, there proved an especially strong effect on low-income students to the point where their scores improved so drastically following short bursts of exercise that the gap between these pupils and their high-income classmates was effectively erased.

Such studies have opened my eyes to the fact that the short burst high intensity tabata exercises I was teaching my students in P.E. classes, when implemented in the classroom, could have profound effects on their cognitive capacity. After researching a myriad of evidence-based "brain break" studies in 2011, I decided to pilot my idea informally among my colleagues within our school district. My wife, who has over a decade of classroom teaching experience, bought into the idea and helped me create an effective method for Tabata Kids to be implemented in the academic environment.



This initiative truly hit full stride when my brother Jay, a musician by trade, decided to create music specifically for the tabata interval timing, with lyrical cues coaching the listener through the starts and stops of each interval. The impact that his music had on these brain breaks was indescribable! As a result of the power of music, my students' motivation levels to vigorously move skyrocketed! In addition, they loved the coaching that was embedded in the songs. Shortly after sharing these tunes with colleagues, I received emails such as, "The TABATA KIDS program has been a prayer answered for my behaviorally challenged group of first graders!" This music was so well received by students, teachers, and fitness enthusiasts that Jay went on to create a number of tabata songs featuring a myriad of genres.

As word spread about the efficacy of Tabata Kids in both the P.E. and academic settings, which included a television segment on a WCAX News in Vermont, I was invited to present this initiative at several venues including the National Physical Education "2014 SHAPE America Conference" in St. Louis. The feedback from this event articulated that Tabata Kids was one of the highest rated presentations among the hundreds featured at the five day conference! I have been invited back to present Tabata Kids at the 2015 conference in Seattle.

With over two years of piloting Tabata Kids, the program is ready to launch on the national level. **November 2014 marks official international release of the Tabata Kids album on iTunes, Amazon MP3, and Google Play.** We are beyond excited to share the music with schools everywhere. In addition to the release of the album, **TabataKids.com** will be a constantly evolving resource of material, movements, and activities for classroom and P.E. teachers.

-Pete Driscoll M.Ed.
Co-Founder of Tabata Kids