Student Names:

Which type of workout are you creating? **** Circuit Training **** Tabata Interval Stations

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Routine is Amazing! (3)** | **Routine is Good to Go (2)** | **Routine Needs More Work (1)** |
| **Safety & Appropriateness** | Exercises are appropriate and safe. Leaders can demonstrate exercises with safety cues. | Exercises are appropriate and safe. Leaders can demonstrate. | Exercises are not appropriate and could be unsafe. |
| **Fitness Concepts** | Exercises are placed in the correct category. Students can explain why exercises were chosen. | Exercises are place in the correct category. | Exercises are not in the correct category. |
| **Health Benefits** | Routine allows participants to work in a target heart rate zone. Group can explain 3 health benefits of each exercise. | Route allows participants to work in a target heart rate zone. Group can explain 1 health benefit of each exercise. | Routine does not provide the intensity needed to reach a target heart rate zone. Group cannot explain any benefits. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercise Category** | **Exercise Name** | **Description** | **Safety Considerations** | **Health Benefits** |
| **Cardiorespiratory Endurance** |  |  |  |  |
| **Muscular Fitness** |  |  |  |  |
| **Skill-Related Fitness** |  |  |  |  |
| **Cardiorespiratory Endurance** |  |  |  |  |
| **Muscular Fitness** |  |  |  |  |
| **Skill-Related Fitness** |  |  |  |  |