

CREATIVE MODE WORKSHEET

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 placed 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.	Routine 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				