

CYO Tabata Routine Worksheet

Create Your Own Tabata routine to build fitness or physical literacy skills.

Student Name:

Date:

Follow the rubric criteria on page 2 to create a routine that scores a perfect 3 out of 3.

Exercise Name	Description	Health-Related Fitness Component	Safety Considerations	Overall Health Benefit(s)



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Use the rubric criteria below to create a routine on page 1 that scores a perfect 3 out of 3.

	Routine is Amazing! (3)	Routine is Good to Go (2)	Needs More Work (1)
Safety & Appropriateness	Exercises are appropriate and safe. Leaders can demonstrate exercises with safety cues.	Exercises are appropriate and safe.	Exercises are not appropriate and could be unsafe.
Fitness Concepts	Exercises are in the correct health-related fitness category.	Exercises are place in the correct category with some help.	Exercises are not in the correct category.
Health Benefits	Routine works in a target heart rate zone. Student can explain 3 health benefits of the routine.	Route works in a target heart rate zone. Student can explain 1 health benefit of the routine.	Routine does not provide the intensity needed to reach a target heart rate zone.

