**Task:** Create an at-home Tabata routine utilizing the skills and concepts learned in physical education class. Write six different exercises that correspond with each fitness concept in the chart below. Hang this page where you can be safely active and perform each of the selected activities for **3 rounds.**

Tabata Timer Recommendation:

* Total tabata timer
* Your phone stopwatch

How will your teacher know you are completing the videos? **BOTH** NEED TO BE INCLUDED:

* Record yourself using your chromebook/tablet/ phone etc. (You can timelapse the video- pictures will not count)
* Explain the purpose of each exercise performed in a document.
* Must complete the chart and questions

Cardio-Respiratory Endurance Exercise Examples

* Running, power walking, swimming, dancing, jump rope, burpees, jumping jacks, etc.

Muscular Fitness Exercise Examples

* Squats, push-ups, dips (with a chair), lunges (walking, reverse, forward stationary, sit-ups, etc.

Skill-Related Fitness Exercise Examples

* Sprints, jump squats, high jumping, balancing (safely), hand-eye coordination, etc.

TABATA: 20 seconds of work, 10 seconds rest

**Tabata Chart**

|  |  |
| --- | --- |
| **Cardio-respiratory Endurance** |  |
| **Muscular Fitness** |  |
| **Skill-Related Fitness** |  |
| **Cardio-respiratory Endurance** |  |
| **Muscular Fitness** |  |
| **Skill-Related Fitness** |  |

1. What does each exercise work on?
2. Describe 3 safety considerations for this Tabata routine.
3. How would completing this Tabata routine 3-5 times per week positively impact your mental and emotional health?