**Task**: Complete the Paper Plate Tabata Video.

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.

Click this link to the [video](https://www.wevideo.com/view/1614233931).