

# Gym HIIT 1

Burn 2 Learn

INTERVAL 1

4x Push ups (knees or toes)

Clap push-ups

+

10m shuttle sprint

REPEAT FOR

30 SECONDS

REST: 30sec

INTERVAL 2

4x Squats

Perform squat jumps

+

10m shuttle side step

REPEAT FOR

30 SECONDS

REST: 30sec

INTERVAL 3

4x Lunges

Perform lunge jumps

+

10m shuttle high skip

REPEAT FOR

30 SECONDS

REST: 30sec

INTERVAL 4

4x Sit ups

Hands behind head

+

10x Jumping jacks

Perform star jumps

REPEAT FOR

30 SECONDS






REST: 30sec

Supplemental Figure 1. Example B2L Task Card.



## SAAFE Principles Observation Checklist



Teacher:		Adherence to principle			
Date:	School:	Strongly disagree	Disagree	Agree	Strongly agree
 <b>SUPPORTIVE:</b> Teacher was supportive and promoted positive student interactions: <ul style="list-style-type: none"> <li>• Provide constructive feedback</li> <li>• Praise student effort and improvement</li> <li>• Encourage supportive behaviour among students (e.g., high fives)</li> </ul>		(circle one response)			
		1	2	3	4
 <b>ACTIVE:</b> Session was highly active and transition time was minimal: <ul style="list-style-type: none"> <li>• Commence session quickly</li> <li>• Minimise talk and instruction time</li> <li>• Encourage students to exercise at a high intensity</li> </ul>		(circle one response)			
		1	2	3	4
 <b>AUTONOMOUS:</b> Session involved opportunities for student choice: <ul style="list-style-type: none"> <li>• Provide students with opportunities for choice (e.g., music, partner, activity)</li> <li>• Minimise controlling language (e.g., ordering students around)</li> <li>• Remind students about the benefits of high intensity activity</li> </ul>		(circle one response)			
		1	2	3	4
 <b>FAIR:</b> All students provided with opportunities to experience success: <ul style="list-style-type: none"> <li>• Encourage self-comparison rather than peer-comparison</li> <li>• Encourage students to modify exercises to personal fitness and ability level</li> <li>• Treat all students equally and fairly (i.e., high expectations for all)</li> </ul>		(circle one response)			
		1	2	3	4
 <b>ENJOYABLE:</b> Session was enjoyable and included a variety of activities: <ul style="list-style-type: none"> <li>• Play motivational music during exercise sessions</li> <li>• Provide students with a variety of HIIT workout options</li> <li>• Encourage students to reflect on their post exercise affect (i.e., how they are feeling)</li> </ul>		(circle one response)			
		1	2	3	4
Comments:					
				TOTAL /20	

Note. Example strategies are listed below each of the SAAFE principles.

Supplemental Figure 2. B2L session observation checklist.