

Name \_\_\_\_\_

Date \_\_\_\_\_

## Aerobics Week 6

### STANDARDS

A.2. The student applies concepts and principles of human movement to the development of motor skills and the learning of new skills.

C.2. The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication.

A.3. The student analyzes the benefits of regular participation in physical activity.

### OBJECTIVES

TSWBAT plan a high intensity workout routine

### GUIDED PRACTICE

Dress out  
Participate in creating an aerobic workout

### VOCABULARY

### HOMEWORK

Research songs for your aerobics routine  
Create moves for aerobics routine  
Practice Aerobics routine

### INSTRUCTION

Mon - Create a warm up (5-10 min)

Tues - Create a cool down (5-10 min)

Wed - Create 1/2 of an aerobic section (10-15 min)

Thurs - Create the other 1/2 of the aerobic section (10-15 min)

Fri. - Practice the entire presentation as a group

### ASSESSMENT

Class Participation  
Dressing out properly for class