

Name _____

Date _____

Aerobics Week 9

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 show on paper their knowledge of muscles and movement

GUIDED PRACTICE

Dress out
Participate in the aerobic workouts

VOCABULARY

HOMEWORK

N/A

INSTRUCTION

Mon - The Firm Complete body sculpting

Tues - The Firm total muscle shaping

Wed. - Mid-term

Thurs - Midterm

Fri - Teacher planning

ASSESSMENT

Class Participation
Dressing out properly for class
Aerobic Presentation Rubric