

Name _____

Date _____

Aerobics Week 1

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 fully comprehend the rules and regulations of the physical education department

TSWBAT utilize their lockers

TSWBAT explain the difference between aerobic and anaerobic exercise

TSWBAT complete a beginning level aerobics routine

GUIDED PRACTICE

Dress out
Participate in the aerobic workouts
Test Body Fat %

VOCABULARY

Aerobic
Anaerobic
Flexion
Extension
Hamstrings
Quadriceps
Gastrocnemius

HOMEWORK

N/A

INSTRUCTION

Mon - 1st day procedures, Rules Presentation in the gym (powerpoint)

Tues - Locks and Lockers in gym, sell uniforms

Wed - Syllabus, finish locks and lockers and selling uniforms

Thurs - Read article on Aerobic V Anaerobic and have a discussion. Describe Flexion and Extension
Warm up, Stretch, Richard Simmons Video

Fri. - Introduce the following muscles or muscle groups: Hamstrings, quadriceps, and gastrocnemius
Warm up, Stretch, 80's Workout Video

ASSESSMENT

Class Participation
Dressing out properly for class