

Name _____

Date _____

Aerobics Week 5

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 perform aerobic activity at a high intensity level

TSWBAT label the major muscles of the upper body, lower body and core

TSWBAT decipher which muscle is being used in a particular exercise by knowing the movements being made

GUIDED PRACTICE

Dress out
Participate in the aerobic workouts

VOCABULARY

Deltoids
Trapezius
Pectorals

HOMEWORK

N/A

INSTRUCTION

Mon - Review hamstrings, quadriceps, gastrocnemius, biceps, triceps, abdominals, and external obliques
Step sweat w/ Abs

Tues - Review the movements Adduction and abduction and flexion and extension
Zumba Rapido / Abs for dummies

Wed - Review which muscle groups are used in different types of movements
Fitness Room / Daryns dance grooves

Thurs - 20 min. track / Cohee's dance moves

Fri. - Introduce the deltoids, trapezius and pectoralis
The Firm

ASSESSMENT

Class Participation
Dressing out properly for class