

Name \_\_\_\_\_

Date \_\_\_\_\_

## Aerobics Week 2

### 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 beginner level

TSWBAT label the major muscles

TSWBAT describe the difference between the movements abduction and adduction

### GUIDED PRACTICE

Dress out  
Participate in the aerobic workouts

### VOCABULARY

abdominals  
Obliques  
abduction  
adduction

### HOMEWORK

N/A

### INSTRUCTION

Mon - Review hamstrings, quadriceps, gastrocnemius  
Tae bo video / abdominal workout

Tues - Introduce the movements Adduction and abduction  
Jane Fonda step aerobics / abdominal workout

Wed - Introduce the following muscle groups: abdominals and external obliques  
Fitness room workout / Abs for dummies

Thurs - Richard Simmons sweating to the oldies

Fri. - Jazzercise Funk workout / 20 min. track

### ASSESSMENT

Class Participation  
Dressing out properly for class