Name/Title: Step Aerobics Unit Outline

Purpose of Event: The purpose of this unit is to teach the students the basics of step aerobics as well as how to work effectively with a team/group.

Suggested Grade Level: 6-8

Materials Needed: Aerobic Steps, Music, Speakers Projector (optional)

Description of Idea

I start the Step Aerobics unit by introducing/teaching some of the basic steps (without music). On day two of the unit we put the basic steps to music so that the students are able to work on counting steps and can hear how the routines are cued.

On day three I start the teaching component of the unit. I split the students into groups of four and they have to create their own step routine. They are required to include 6 steps that they learned in class and 2 original steps. As a group they have to choose a song (school appropriate) and make sure that their routine goes with the music. The routine must last the entirety of the chosen song.

We spend 3 full class sessions working in the groups. I bring in my ihome which allows the students to bring in their ipods for music options.

Each member in the group is given a note card that they can write their steps on. This can be used during practice and during the performance to ensure they know the routine.

Variations:

As the groups were teaching/performing their routine the rest of the class was following along on their own steps.

I inform the class that if they are talking or goofing off during another groups lesson they lose points on their own grade.

Assessment Ideas:

The students are assessed on the following criteria:

1. The routine included 6 steps learned in class and 2 original steps.
2. The routine flowed together well and they cued the class.
3. All group members knew the routine and stayed with the music.

Submitted by **Nicolle Shay** who teaches at Marshall Junior High in Marshall, IL. Thanks for contributing to PE Central! **Posted on PEC: 10/28/2011**.

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