Name/Title: The Electric Chair

Purpose of Event: To provide all students the opportunity to participate in a high energy chair aerobics session.

Prerequisites: It would be helpful if participants knew the steps to the electric slide, but it isn't necessary because of the simplicity of the dance.

Suggested Grade Level: 6-8

Materials Needed: Any type of chair; resistance tubes, bands, handweights, cans of soup, anything that provides resistance; mats,rugs or towels.

Description of Idea

All participants are seated with good posture in a chair that is secure and will not slide. Equipment such as mats, rugs, or towels is placed underneath the chair for safety purposes. Slow music is used for basis warm-ups modified for chair work, then the Electric Slide is played and dance is modified by the instructor or participant for chair usage. Then high energy music allows for resistance work or any exercise such as chair squats, tricep dips, etc. All exercises must be chair involved whether the participant is sitting, standing, or lying on the floor with feet or legs on the chair. The chair acts as a security device for some students who may be intimidated at first. I always add some kick boxing moves at the end, while holding on to the chair. Finish with slow cool down music while still involving the chair.

Assessment Ideas:

Have students orally identify the muscles being exercised.

Using hear trate monitors or by taking their pulse, have students identify their working heartrate and compare to their pre-calculated working heartrate range.

Adaptations for Students with Disabilities:

This activity is easily adapted to any disability. Participants can use a foam ball instead or weights; panty hose instead of resistance tubing; can move just the arms or legs to any of the exercises.

Submitted by **Jaylen Turner** who teaches at Spring Valley High School in Huntington, WV. Thanks for contributing to PE Central! **Posted on PEC: 11/2/2001**.

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