Name/Title: **Aerobics / Dance Project**

Purpose of Event: For students to work in groups to create original dances or aerobic routines.

Prerequisites: Previous practice of some dance and aerobic routines and moves.

Suggested Grade Level: 9-12

Materials Needed: CD/Tape player, anything else the students need as a result of their designed routines.

Description of Idea

Have students get into groups of 3-5. Each group gets a copy of the Dance Aerobics Project Description. Provide class time as you see appropriate for your students to develop and practice their routine.

Once all students have completed their routines (may take a day or two), have each group present their routine to the entire class, then teach their routine to the class.

Variations:

Separate this lesson idea so that groups have to create both the aerobics and line dance routines.

Assessment Ideas:

- Grade student routines using the Aerobics and Line Dance Grading Sheet, or create an appropriate form.
- Have students assess contribution and participation of their group using a Group Evaluation Sheet for Students

Teaching Suggestions:

Students should write out the steps to their routine to turn in with other assessment sheets.

This lesson could take a number of class periods if each group teaches their dance or aerobics routine to the entire class. This portion can be skipped.

Collaborate with English teachers for the creative origin of the dance paper.

Submitted by **Christy Haynes** who teaches at Hickory High School in Hickory, NC. Thanks for contributing to PE Central! **Posted on PEC: 11/4/2008**.

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