Name/Title: Slide Aerobics

Purpose of Event: This lesson allows students to utilize sliding as a locomotor movement in order to get a great workout. They review the importance of cardio-respiratory endurance, muscular strength, and muscular endurance. Students will get a great workout and won't even realize it! I tell them at the beginning of the class that if they don't smile and enjoy this lesson - they must not be human. Even my grouchies who tried not to - smiled and had fun!

Suggested Grade Level: 6-8

Materials Needed: Lots of old t-shirts or towels (2 per student), slippery floor surface (not carpet obviously), cones, pinnies, overhead projector, and a stereo system.

Description of Idea
This entire lesson is completed using a sliding/skating style movement.

First activity: All-Skate

The entire group skates around the gym forward, backward (lead with the glutes to prevent spills), side steps, with a twist/turn, and then a skate-skate-slide technique. [8-10 min.]

Second activity: Twist and Shout

The group will have a twist off and try to last the entire song. We stop twice to examine where our heart rates are. I usually judge best twisting and also give a treat based on those students who were able to twist the entire song.

Third activity: Stretch

Fourth activity: Slide Tag

You can modify any tag game but I make a rule that if you are tagged, you either have to grab a flag and continue trying to tag others or you must complete a side-to-side slide in place until the end of the game (you can also try twisting until the end of the game).

Fifth (Final) activity: Slide Dance

I always find it funny when teachers say they can't get their middle schoolers to dance. As a final activity, the students are required to put together an aerobic dance routine. In groups of 4-5 they must create a routine which includes at least 4-5 moves (one per person) where students decide if they would like each group member to come up with a move and then put them together or as a group come up with 4-5 moves. The guidelines can be varied but they must include at least one turn and the moves must flow. At the end of class, they share with other groups. I can honestly tell you - they do a great job with this.

Assessment Ideas:

Assess group routines (1 point for each move).

Go over muscles that sliding utilizes.

Teaching Suggestions:

Safety Concerns - Go over safe sliding techniques and unsafe sliding techniques (out of control, sliding into things etc). I rarely have to address these issues during class other than a quick reminder.
Adaptations for Students with Disabilities:

Students with varying disabilities can still participate.

Students who cannot "slide" with feet can participate by traveling with the groups and coming up with moves for the routines.

Submitted by Jennifer Weaver who teaches at Perryville Middle School in Perryville, MD. Thanks for contributing to PE Central! Posted on PEC: 8/29/2001. Visit S&S Discount for all your physical education equipment and supplies!