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**.

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