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[Step Aerobics]

[Fitness/ Grade 6-8]

Throughout this unit all students will work on learning step aerobics. While learning this aerobic workout students will learn different moves used in step aerobics as well as improving their cardiovascular endurance.

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Unit Plan

Stage 1 Desired Results		
<p>ESTABLISHED GOALS MA Standards:</p> <p>2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.</p> <p>2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.</p> <p>2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.</p> <p>2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.</p>	<i>Transfer</i>	
	<p><i>Students will be able to independently use their learning to...</i> T</p> <ul style="list-style-type: none"> • To effectively participate in step aerobic exercise and will be able to use their knowledge of target heart rate and aerobic activities outside of school. 	
	<i>Meaning</i>	
	UNDERSTANDINGS U	ESSENTIAL QUESTIONS Q
	<p><i>Students will understand that...</i></p> <ul style="list-style-type: none"> • Can verbally explain what step aerobics is and how it is a workout • Understands the how to make step aerobics a more intense whole body exercise. • Health benefits of exercising in their target heart zone. • Demonstrates understanding of the basic moves of step aerobic exercise • Can verbalize the many health benefits of step aerobic exercise 	
<i>Acquisition</i>		

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<p>2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.</p>	<p><i>Students will know...</i> K</p> <ul style="list-style-type: none"> • Aerobic Exercise terminology • Rules of aerobic exercise • Basic step aerobic moves • Advanced step aerobic moves • Personal target heart rate zone • That you get the most benefits of exercise by training in your target heart rate zone 	<p><i>Students will be skilled at...</i> S</p> <ul style="list-style-type: none"> • Participating in step aerobic exercise • Be able to perform basic step aerobic moves with and without music • Be able to perform advanced step aerobic moves with and without music • Finding their and monitoring their pulse to make sure they are in their target heart rate zone
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Stage 2 - Evidence	
Evaluative Criteria	Assessment Evidence
<ul style="list-style-type: none"> • Can properly perform basic step aerobic moves • Can properly perform advanced step aerobic moves • Is able to exercise within personal target heart rate zone 	<p>CURRICULUM EMBEDDED PERFORMANCE ASSESSMENT (PERFORMANCE TASKS) PT</p> <ul style="list-style-type: none"> • Participates in step aerobic exercise while working in their personal target heart rate zone.
	<p>OTHER EVIDENCE: OE</p> <ul style="list-style-type: none"> • Verbal questions throughout lessons related to both the essential questions, and specific moves/muscles/rules of aerobic exercise • Step Aerobics Rubric

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Stage 3 – Learning Plan

Summary of Key Learning Events and Instruction

Learning Events:

- Review target heart zone
- Review finding a pulse during exercises
- Participate in step aerobics
- Cool-down using Static and Dynamic Stretching
- Following guided step aerobic moves

Teaching:

- Whiteboard and class discussion on step aerobic exercise and health benefits
- Class discussion on target heart rate
- Skill specific corrective feedback
- DVD clips depicting proper skill execution
- Teacher lead step aerobic moves

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Lesson #1: Intro to Step Aerobic Exercise

Brief Overview of Lesson (what this lesson is about): Introduction to step aerobic exercise and review of target heart rate, safety rules overview, health benefits overview

Prior Knowledge Required: beats of music

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Health benefits of exercising in their target heart zone.
- Demonstrates understanding of the basic moves of step aerobic exercise
- Can verbalize the many health benefits of step aerobic exercise
- Can verbally explain what step aerobics is and how it is a workout
- Aerobic Exercise terminology
- Rules of aerobic exercise
- Basic step aerobic moves
- Personal target heart rate zone
- That you get the most benefits of exercise by training in your target heart rate zone
- Participating in step aerobic exercise
- Be able to perform basic step aerobic moves with and without music
- Finding their and monitoring their pulse to make sure they are in their target heart rate zone

Essential Question(s) addressed in this lesson:

- What are the benefits of using your target heart rate during exercise?
- Why is it important to monitor your heart rate during exercise?
- What are the health benefits of turning step aerobics into a whole body exercise?

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Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

Unit Goals:

- **Demonstrates understanding of the basic moves of step aerobic exercise**
- **Can verbalize the many health benefits of step aerobic exercise**
- **Can verbally explain what step aerobics is and how it is a workout**
- **Aerobic Exercise terminology**
- **Rules of aerobic exercise**
- **Basic step aerobic moves**
- **Advanced step aerobic moves**
- **Personal target heart rate zone**
- **That you get the most benefits of exercise by training in your target heart rate zone**
- **Participating in step aerobic exercise**
- **Be able to perform basic step aerobic moves with and without music**
- **Be able to perform advanced step aerobic moves with and without music**
- **Finding their and monitoring their pulse to make sure they are in their target heart rate zone**
- **Understands the how to make step aerobics a more intense whole body exercise.**
- **Health benefits of exercising in their target heart zone.**

Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they remember about target heart rate

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- Ask students what they know about step aerobics
- Explain reasons for safety rules in step aerobics
- Teacher demonstration of proper technique

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Step Aerobic Exercise is only for girls-misconception
- Step Aerobic Exercise is only done by older generations- misconception

Lesson Sequence

- Attendance
- Class discussion on rules, health benefits, terminology
- Class discussion on target heart rate
- Have students find a step to work on. Students will follow the teacher who is demonstrating the basic moves of step aerobics.
- Teacher will have students practice all of the step moves without the music first.
- Students will follow teacher for review of step moves to music. 1st song practice single moves. 2nd song practice repeaters and alternators.
- Students will follow teacher for two routines made up of basic moves of step aerobics to music
- Students will take their pulse at the end of the last routine to see if they are near or in their target heart rate zone
- Class discussion on how to get to target heart rate during step aerobics
- Static stretches for a cool down for 5 minutes
- Closing- review terminology, rules, and health benefits

Formative assessment(s):

- Observation of performance

Preview outcomes for the next lesson:

Advanced Step Aerobics

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Lesson #2: Advanced Step Aerobics

Brief Overview of Lesson (what this lesson is about): Review of basic step aerobics and new advanced step aerobic moves

Prior Knowledge Required: beats of music

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Health benefits of exercising in their target heart zone.
- Demonstrates understanding of the basic moves of step aerobic exercise
- Can verbalize the many health benefits of step aerobic exercise
- Can verbally explain what step aerobics is and how it is a workout
- Aerobic Exercise terminology
- Rules of aerobic exercise
- Basic step aerobic moves
- Advanced step aerobic moves
- Personal target heart rate zone
- That you get the most benefits of exercise by training in your target heart rate zone
- Participating in step aerobic exercise
- Be able to perform basic step aerobic moves with and without music
- Be able to perform advanced step aerobic moves with and without music
- Finding their and monitoring their pulse to make sure they are in their target heart rate zone
- Understands the how to make step aerobics a more intense whole body exercise.

Essential Question(s) addressed in this lesson:

- What are the benefits of using your target heart rate during exercise?
- Why is it important to monitor your heart rate during exercise?

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- What are the health benefits of turning step aerobics into a whole body exercise?

Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

Unit Goals:

- **Demonstrates understanding of the basic moves of step aerobic exercise**
- **Can verbalize the many health benefits of step aerobic exercise**
- **Can verbally explain what step aerobics is and how it is a workout**
- **Aerobic Exercise terminology**
- **Rules of aerobic exercise**
- **Basic step aerobic moves**
- **Advanced step aerobic moves**
- **Personal target heart rate zone**
- **That you get the most benefits of exercise by training in your target heart rate zone**
- **Participating in step aerobic exercise**
- **Be able to perform basic step aerobic moves with and without music**
- **Be able to perform advanced step aerobic moves with and without music**
- **Finding their and monitoring their pulse to make sure they are in their target heart rate zone**
- **Understands the how to make step aerobics a more intense whole body exercise.**
- **Health benefits of exercising in their target heart zone.**

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Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about step aerobics
- Explain reasons for safety rules in step aerobics
- Teacher demonstration of proper technique

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Step Aerobic Exercise is only for girls-misconception
- Step Aerobic Exercise is only done by older generations- misconception

Lesson Sequence

- Attendance
- Class discussion on how to make step aerobics a more intense exercise and a whole body exercise
- Have students find a step to work on. Review of basic moves as warm-up to one song.
- Students will follow the teacher who is demonstrating the advanced moves of step aerobics without music.
- Students will follow teacher for four routines made up of advanced moves of step aerobics to music
- Students will take their pulse at the end of the last routine to see if they are near or in their target heart rate zone
- Class discussion on how to get to target heart rate during step aerobics
- Static stretches for a cool down for 5 minutes
- Closing- review health benefits and how to make step aerobics more intense
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Formative assessment(s):

- Observation of performance

Preview outcomes for the next lesson:

Step Aerobics review and skill test

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Lesson #3: Step Aerobics Skills Check

Brief Overview of Lesson (what this lesson is about): Review of basic step aerobics and new advanced step aerobic moves

Prior Knowledge Required: beats of music

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD, DVD of step aerobics routines from youtube

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Health benefits of exercising in their target heart zone.
- Demonstrates understanding of the basic moves of step aerobic exercise
- Can verbalize the many health benefits of step aerobic exercise
- Can verbally explain what step aerobics is and how it is a workout
- Aerobic Exercise terminology
- Rules of aerobic exercise
- Basic step aerobic moves
- Advanced step aerobic moves
- Personal target heart rate zone
- That you get the most benefits of exercise by training in your target heart rate zone
- Participating in step aerobic exercise
- Be able to perform basic step aerobic moves with and without music
- Be able to perform advanced step aerobic moves with and without music
- Finding their and monitoring their pulse to make sure they are in their target heart rate zone
- Understands the how to make step aerobics a more intense whole body exercise.

Essential Question(s) addressed in this lesson:

- What are the benefits of using your target heart rate during exercise?
- Why is it important to monitor your heart rate during exercise?

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- What are the health benefits of turning step aerobics into a whole body exercise?

Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

Unit Goals:

- Demonstrates understanding of the basic moves of step aerobic exercise
- Can verbalize the many health benefits of step aerobic exercise
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- Advanced step aerobic moves
- Personal target heart rate zone
- That you get the most benefits of exercise by training in your target heart rate zone
- Participating in step aerobic exercise
- Be able to perform basic step aerobic moves with and without music
- Be able to perform advanced step aerobic moves with and without music
- Finding their and monitoring their pulse to make sure they are in their target heart rate zone
- Understands the how to make step aerobics a more intense whole body exercise.
- Health benefits of exercising in their target heart zone.

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Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about step aerobics
- Explain reasons for safety rules in step aerobics
- Teacher demonstration of proper technique

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Step Aerobic Exercise is only for girls-misconception
- Step Aerobic Exercise is only done by older generations- misconception

Lesson Sequence

- Attendance
- Class discussion on how to get to target heart rate during step aerobics and how to turn it into a whole body workout
- Have students find a step to work on. Students will review basic and advanced moves with teacher demonstrating.
- Students will follow a DVD of various step aerobics routines. Four videos students have practiced the routines last class with teacher. Two of the videos are new. As students are working teacher is grading step aerobics skill using the Step Aerobics Rubric
- Students will take their pulse at the end of the last routine to see if they were able to get into their target heart zone.
- Static stretches for a cool down for 5 minutes
- Closing- review health benefits and how step aerobics can be a great workout

Formative assessment(s):

- Observation of performance
- Step Aerobics Rubric

Preview outcomes for the next lesson:

Resistance training

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List of Unit Resources

List and include resources by lesson sequence.

Lesson Number	Resources
1-3	<i>Fitness and Health</i> _by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD
3	DVD of step aerobics routines from youtube

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Curriculum Embedded Performance Assessment (CEPA)

Step Aerobics Rubric

- 4** = Student is able to follow the moves without missing any. Student is able to stay with the pace and rhythm.
- 3** = Student is able to follow the moves missing only one or two. Student can pick back up after missing a step. Student is able to keep up with the pace and rhythm most of the time.
- 2** = Student is able to follow the moves to the best of their ability, but misses multiple moves and has a hard time catching back up. Student is struggling to keep up with the pace and rhythm most of the time.
- 1** = Student is not following the moves. Student is barely doing any moves.