

**S3.1****Aerobics**

**Aim:** To learn the rhythmic movements through aerobics.

**Props and equipment required:** Music CD, flat rings, soft balls

### **Warm-up – 5 min**

For warm up, follow the procedure mentioned in the warm up references

**Do the stretching after 2 minutes** - Follow the procedure mentioned in the warm up references

### **Activity – 25 min**

#### **Aerobic movements**

##### **On the Spot March**

Students start with marching on the spot. Pay attention to the arm swing which should be in opposition to the lifting of the legs.

##### **Walk forward and backward**

Walk forward four steps and then backward four steps.

##### **Free Hand movements**

Introduce some hand movements while marching. Ex. fingers touching shoulder to stretching up or shoulder to stretching sideways.

##### **Hop right and left**

Ask the students to start hopping with the right foot in their personal space. Repeat the same on the left foot. On your signal ask the students to repeat by saying right hop and left hop while performing the activity.

##### **Jump and turn right**

Ask the students to start jumping with their feet together and hands on their hips, jump in their personal place for eight counts.

On the last jump, ask them to turn to their right.

Jump in your place, again, for eight counts making another turn on the last jump and continue jumping and turning.

**In-and-out jump**

Jump up, land with your feet apart and then jump up landing with your feet together.

**Punch**

Standing in place, extend one arm and then the other, punching forward forcefully.

**Stretch it**

Stick your hands out in front of you while stretching your fingers

Raise your hands up while stretching your fingers

**Turning**

Stretch your hands to the sides. Turn your upper body to the right side; turn your upper body to the left side without moving your feet.

**Bend it**

Bend forward and then backward.

**Ball pass (side)**

This has to be performed in pairs. Give one soft ball or football per pair.

The pair should stand back to back.

Have them pass the soft ball to each other, first from the right, then from the left.

**Ball pass (under and overhead)**

This has to be performed in pairs.

The pair should stand back to back

Have them pass a soft ball between their legs and overhead.

Once the students have mastered all individual steps you may combine them in a routine of eight counts each. This can be done with music, if available. Repeat the sequence twice.

**Cool-down – 5 min**

Follow the cool down routine mentioned in the warm up and stretching references

**EduQuette: Practice makes perfect**

Ask the students to practise all the moves they learnt today at home until they can do it perfectly.