



GYMNASTICS ONTARIO

Sports Aerobics

Specialist Lesson Plans



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10 Week Lesson Plans

Week 1

Aim:	To introduce Sports Aerobics
Objectives:	Introduce and perform Seven Basic Steps. Demonstrate fitness component required for Sports Aerobics through circuit training.
Equipment:	Floor area, music, exercise mats, Task Cards
Time:	60 minutes
Theme:	Circuits to develop general strength, flexibility and aerobic base. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment.</p> <p>Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Teach a 16-count sequence first with legs then add arms Select an element for the group that needs to be incorporated into the routine.</p>	<p>Try to have groups work cooperatively together. In week one they are getting to know each other, so it should be instructor led. In the weeks to come the participants will be more comfortable with a group setting. Begin with the 16-count sequence in the manual.</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 1 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Double Leg Plank	2 sets @ 30 sec. or more	
	Red	Chest Raises	3 sets of 12 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Tuck Jacks	3 sets of 10 reps	
	Blue	1/2 and full turn jumps	5 perfected jumps in a row	
	Green	Hip Stretch	30 sec. each leg	
Station 3	Red	Chest Pushups	3 sets of 8 reps	
	Yellow	Side Support	2 sets @ 30 sec. or more, each side	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
Station 4	Red	Squats	3 sets of 12 reps	
	Green	Quad Stretch	30 sec. each leg	
	Green	Roll like a ball	30 sec. (try rolling to standing)	
	Green	Folding Chair	1 min.	

Week 2

Aim:	Continue Sports Aerobics
Objectives:	Perform Seven Basic Steps Demonstrate fitness component required for Sports Aerobics through circuit training
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards, fitness ball
Time:	60 minutes
Theme:	Circuits to develop general strength, flexibility and aerobic base. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Use the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment</p> <p>Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Remind the participants of 16-count sequence learned in week one. First with legs then add arms Add an additional 16-count sequence.</p>	<p>Try to have groups work cooperatively together. At this stage remind about the correct execution of the 7 basic steps. Those groups that are ready allow them to create part of the 16-count sequence.</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 2 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Double Leg Plank	2 sets @ 30 sec. or more	
	Red	Chest Raises	3 sets of 15 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Tuck Jacks	3 sets of 12reps	
	Blue	1/2 and full turn jumps	5 perfected jumps in a row	
	Green	Hip Stretch	30 sec. each leg	
Station 3	Red	Chest Pushups	3 sets of 10 reps	
	Yellow	Side Support	2 sets @ 30 sec. or more, each side	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
Station 4	Red	Squats	3 sets of 15 reps	
	Green	Quad Stretch	30 sec. each leg	
	Green	Roll like a ball	30 sec. (try rolling to standing)	
	Green	Folding Chair	1.5 min.	

Week 3

Aim:	To continue Sports Aerobics routine
Objectives:	Sports Aerobics Choreography Introduce Elements
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards
Time:	60 minutes
Theme:	Circuits to develop general strength, flexibility and aerobic base. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment</p> <p>Have a 20-30 second rest between stations. Add some element progressions into circuits</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Remind the participants of 16-count sequence learned in week one. First with legs then add arms Teach element sequence from manual. Add an additional 16-count sequence.</p>	<p>Try to have groups work cooperatively together. Practice last weeks 2 sets of 16 counts.</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 3 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Double Leg Plank	3 sets @ 30 sec. or more	
	Red	Chest Raises	3 sets of 20 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Tuck Jacks	3 sets of 15reps	
	Blue	1/2 and full turn jumps	5 perfected jumps in a row	
	Green	Hip Stretch	30 sec. each leg	
	Green	Roll like a ball	30 sec. (try rolling to standing)	
Station 3	Red	Chest Pushups	3 sets of 12 reps	
	Yellow	Side Support	2 sets @ 30 sec. or more, each side	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
Station 4	Red	Squats	3 sets of 15 reps	
	Red	V sit	2 sets @ 30 sec. or more	
	Green	Quad Stretch	30 sec. each leg	
	Green	Folding Chair	1.5 min.	

Week 4

Aim:	To continue Sports Aerobics
Objectives:	Perform Seven Basic Steps Demonstrate fitness component required for Sports Aerobics through circuit training
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards, fitness ball
Time:	60 minutes
Theme:	Circuits to develop dynamic & static strength, static flexibility and aerobic and anaerobic work. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment See Attached Task Cards and place around the room Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Remind the participants of 32-count sequence learned in week one-three. First with legs then add arms Add the element sequence and a transition to the 16-count sequence. Add an additional 16-count sequence.</p>	<p>Try to have groups work cooperatively together. Practice performing routine</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 4 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Single Leg Plank	2 sets @ 30 sec. or more, each leg	
	Red	Chest Raises	3 sets of 20 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Tuck or Pike Jacks	3 sets of 15reps or 3 sets of 8 reps (pike)	
	Blue	1/2 and full turn jumps	5 perfected jumps in a row	
	Green	Hip Stretch	30 sec. each leg	
	Green	Roll like a ball	30 sec. (try rolling to standing)	
Station 3	Red	Chest Pushups	3 sets of 12 reps	
	Yellow	Side Support	2 sets @ 30 sec. or more, each side	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
Station 4	Red	Squats	3 sets of 15 reps	
	Red	V sit	2 sets @ 30 sec. or more	
	Green	Quad Stretch	30 sec. each leg	
	Green	Folding Chair	1.5 min.	

Week 5

Aim:	To continue Sports Aerobics
Objectives:	Perform Seven Basic Steps Demonstrate fitness component required for Sports Aerobics through circuit training
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards, fitness ball
Time:	60 minutes
Theme:	Circuits to develop dynamic & static strength, static flexibility and aerobic and anaerobic work. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Remind the participants of 32-count sequence learned in week one-three. Add the element sequence and a transition to the 16-count sequence. Add an additional 16-count sequence with an element of choice.</p>	<p>Try to have groups work cooperatively together.</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 5 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Double Leg Plank	3 sets @ 30 sec. or more	
	Red	Banana Rockers	3 sets of 8 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Tuck or Pike Jacks	3 sets of 15reps or 3 sets of 8 reps (pike)	
	Blue	Squat Jumps	3 sets of 8 reps	
	Green	Hip Stretch	30 sec. each leg	
	Green	Quad Stretch	30 sec. each leg	
Station 3	Red	Chest Pushups	3 sets of 12 reps	
	Red	Vsit	2 sets @ 30 sec. or more	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
	Green	Roll like a Ball	30 sec. (try rolling to standing)	
Station 4	Red	Triceps Pushups	2 sets of 8 reps	
	Blue	Fast Chest Throws	3 sets of 8 reps	
	Green	Triceps Stretch	30 sec. each arm	
	Green	Folding Chair	2 min.	

Week 6

Aim:	To continue Sports Aerobics
Objectives:	Perform Seven Basic Steps Demonstrate fitness component required for Sports Aerobics through circuit training
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards, fitness ball
Time:	60 minutes
Theme:	Circuits to develop dynamic & static strength, static flexibility and aerobic and anaerobic work. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Remind the participants of sequences; the element sequence and a transition to the 16- count sequence. Add the 8 count mirror sequence in the manual</p>	<p>Try to have groups work cooperatively together.</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 6 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Single Leg Plank	2 sets @ 30 sec. or more, each leg	
	Red	Banana Rockers	3 sets of 10 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Pike Jacks	3 sets of 10 reps	
	Blue	Squat Jumps	3 sets of 10 reps	
	Green	Hip Stretch	30 sec. each leg	
	Green	Quad Stretch	30 sec. each leg	
Station 3	Red	Chest Pushups	3 sets of 12 or 15 reps	
	Red	Vsit	3 sets @ 30 sec. or more	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
	Green	Roll like a Ball	30 sec. (try rolling to standing)	
Station 4	Red	Triceps Pushups	2 sets of 8 reps	
	Blue	Fast Chest Throws	3 sets of 8 reps	
	Green	Triceps Stretch	30 sec. each arm	
	Green	Folding Chair	2 min.	

Week 7

Aim:	To continue Sports Aerobics
Objectives:	Perform Seven Basic Steps Perform elements & increase anaerobic work
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards, fitness ball
Time:	60 minutes
Theme:	Circuits to develop dynamic & static strength, static flexibility and aerobic and anaerobic work. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment. Select elements and provide progressions. Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose. Remind the participants of sequences, the element sequence and a transition to the 16- count sequence, the 8- count mirror sequence. Add an element with a transition.</p>	<p>Try to have groups work cooperatively together.</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 7 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Single Leg Plank	2 sets @ 30 sec. or more, each leg	
	Red	Banana Rockers	3 sets of 12 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Pike Jacks	3 sets of 12 reps	
	Blue	Squat Jumps	3 sets of 12 reps	
	Green	Hip Stretch	30 sec. each leg	
	Green	Quad Stretch	30 sec. each leg	
Station 3	Blue	Alternating Chest/Triceps Pushups	10 reps of series described on card (3 pushups and hold per series)	
	Red	Standing Side Bends	2 sets of 10 reps	
	Green	Triangle	30 sec. each side	
	Green	Triceps Stretch	30 sec. each arm	
Station 4	Blue	Depth Jumps	2 sets @ 30 sec. each	
	Red	Pushups on the Ball	2 sets of 8 reps	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
	Green	Folding Chair	2 min.	

Week 8

Aim:	To continue Sports Aerobics
Objectives:	Perform Seven Basic Steps Perform elements & increase anaerobic work
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards, fitness balls
Time:	60 minutes
Theme:	Circuits to develop dynamic & static strength, static flexibility and aerobic and anaerobic work. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment See Attached Task Cards and place around the room Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Review routine Add ending pose Have one person step back and check arms and legs for synchronization.</p>	<p>Try to have groups work cooperatively together. Groups work together to add ending to routine (16-32 counts)</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 8 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Double Leg Plank	1 set @ 30 sec. or more	
	Red	Single Leg Plank	1 set @ 30 sec. or more, each leg	
	Red	Banana Rockers	3 sets of 15 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Pike Jacks	3 sets of 12 reps	
	Blue	Squat Jumps	3 sets of 15 reps	
	Red	V sit	1 set @ 30 sec. or more	
	Green	Hip Stretch	30 sec. each leg	
	Green	Quad Stretch	30 sec. each leg	
Station 3	Blue	Alternating Chest/Triceps Pushups	10 reps of series described on card (3 pushups and hold per series)	
	Red	Standing Side Bends	2 sets of 10 reps	
	Green	Triangle	30 sec. each side	
	Green	Triceps Stretch	30 sec. each arm	
Station 4	Blue	Depth Jumps	2 sets @ 30 sec. each	
	Red	Pushups on the Ball	2 sets of 10 reps	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
	Green	Folding Chair	2 min.	

Week 9

Aim:	To continue Sports Aerobics
Objectives:	Perform Seven Basic Steps Practice complete routine
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards
Time:	60 minutes
Theme:	Circuits to develop dynamic & static strength, static flexibility and aerobic and anaerobic work. Number of circuits is dependant on class size
Class Size:	10-15

Section

Teaching Points

Description

Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment See Attached Task Cards and place around the room Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Remind of complete routine. Have one person step back and check arms and legs for synchronization.</p>	<p>Try to have groups work cooperatively together. Practice complete routine Prepare for performance for next week.</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 9 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Double Leg Plank	2 sets @ 30 sec. or more	
	Red	Single Leg Plank	1 set @ 30 sec. or more, each leg	
	Red	Banana Rockers	3 sets of 15 reps	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Pike Jacks	3 sets of 15 reps	
	Blue	Tuck Jumps	3 sets of 8 reps	
	Red	V sit	2 sets @ 30 sec. or more	
	Green	Hip Stretch	30 sec. each leg	
	Green	Quad Stretch	30 sec. each leg	
Station 3	Blue	Alternating Chest/Triceps Pushups	10 reps of series described on card (3 pushups and hold per series)	
	Red	Standing Side Bends	3 sets of 10 reps	
	Green	Triangle	30 sec. each side	
	Green	Triceps Stretch	30 sec. each arm	
Station 4	Blue	Depth Jumps	3 sets @ 30 sec. each	
	Red	Pushups on the Ball	3 sets of 8 reps	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
	Green	Folding Chair	2 min.	

Week 10

Aim:	To complete Sports Aerobics routine and perform in front of whole group
Objectives:	Perform Routine to the whole group
Equipment:	Floor area, music, exercise mats, benches, low box tops, Task Cards
Time:	60 minutes
Theme:	Circuits to develop dynamic & static strength, static flexibility and aerobic and anaerobic work. Number of circuits is dependant on class size
Class Size:	10-15

Section	Teaching Points	Description
Pre-Class Preparation	Safety Check of Gymnasium and participants	Ensure appropriate clothing No jewellery- necklaces, watches, earring, bracelets etc Equipment accessible
Warm-up: 5 minutes	1. Begin walking, leading into gentle jog on the spot, continue	Basic aerobic warm-up
	2. Basic stretches for the lower body	
	3. Introduce the 7 basic steps in combination, on the spot and traveling	Using the correct technique teach the main execution points for the 7 basic steps.
Cardio Component 8-10 minutes	Moving from low impact to high impact	Using the variations of the 7 basic steps, include arms and direction changes

<p>Circuit Task Cards 20 minutes</p>	<p>Review with participants the correct execution of the exercise. Using the music, have the participants execute the task cards correctly. Each exercise should be performed continuously until the instructor has the participants rotate on a timed basis.</p>	<p>See Attached Task Cards and place around the room with the appropriate equipment</p> <p>Have a 20-30 second rest between stations.</p>
<p>Routine Development 15 minutes</p>	<p>In groups of 4-6 demonstrate beginning pose Practice routine 1-2 times as warm-up Performance in front of whole group</p>	<p>Try to have groups work cooperatively together.</p>
<p>Cool Down 5 Minutes</p>	<p>Stretches and flexibility</p>	<p>Cool down the areas used in the class, focusing on the main theme of the class.</p>

LESSON 10 Task Cards

	Card Colour	Skill Name	Suggested Sets/Reps/Time	Completed Sets/Reps/Time
Station 1	Red	Double Leg Plank	1 set @ 30 sec. or more	
	Red	Single Leg Plank	1 set @ 30 sec. or more, each leg	
	Red	Banana Rockers	2 sets of 15 reps	
	Red	V sit	1 set @ 30 sec. or more	
	Green	Shoulder Stretches	3 versions @ 30 sec. each	
Station 2	Blue	Pike Jacks	2 sets of 15 reps	
	Blue	Tuck Jumps	3 sets of 8 reps	
	Blue	1/2 and full turn jumps	5 perfected, in a row	
	Green	Hip Stretch	30 sec. each leg	
	Green	Quad Stretch	30 sec. each leg	
	Green	Roll like a Ball	30 sec. (try rolling to standing)	
Station 3	Red	Triceps Pushups	2 sets of 10 reps	
	Red	Chest Pushups	2 sets of 10 reps	
	Red	Standing Side Bends	3 sets of 12 reps	
	Green	Triangle	30 sec. each side	
	Green	Triceps Stretch	30 sec. each arm	
Station 4	Blue	Depth Jumps	3 sets @ 30 sec. each	
	Red	Pushups on the Ball	3 sets of 10 reps	
	Green	Chest Stretches	2 versions @ 30 sec. each, both sides	
	Green	Folding Chair	2 min.	



Sports Aerobics Task Cards
1st Edition
(Strength, Flexibility, Balance & Power)

- In the spirit of Sports Aerobics, for each class create a circuit using a combination of Strength, Flexibility, Balance and Power exercises listed in the following charts.
- Instructions and visuals for all of the following exercises are provided on the cards, which accompany this Sports Aerobics Instructors Package. Be sure to follow the techniques described on the Task Cards.
- When choosing cards for each class, try to balance according to opposing muscle groups (i.e. Quads/Hams or Abs/Back)
- You may want each class to have a balance of upper/lower/core exercise or you may choose to have a class that's totally focused on just one or two of the categories. (i.e. all upper body one week, all lower body the next.)
- Be sure to watch participants for proper body alignment to avoid injury and help them make the most of their workout! (Tips: Watch for neutral spine in pushups & planks, knees in alignment for squats, elbows in for triceps and hinge pushups, pelvis shift in hamstrings pulls, hips taking over in oblique twists.)

Strength Exercise Chart (Red Cards)

	Exercise Without Equipment	<i>Exercise with Equipment</i>
Upper Body Strength	1. Chest Pushup 2. Triceps or hinge pushups 3. Chest raises	4. Pushup, hands on Ball
Lower Body Strength	5. Squats	
Core Strength	6. Double/Single Leg Plank 7. Banana Rockers (on Belly)	8. Standing Side Bends w/ Hand weights

Flexibility Exercise Chart (Green Cards)

	Stretch:
Upper Body Flexibility	<ol style="list-style-type: none"> 1. Shoulder Stretch Arms Above & Behind (w/partner or bar) 2. Chest Stretch against wall 3. Triangle 4. Rolling like a ball 5. Triceps Stretch
Lower Body Flexibility	<ol style="list-style-type: none"> 6. Quadriceps Stretch 7. Folding Chair (feet fully flexed)

Balance Exercise Chart (Yellow Cards)

Balance:
<ol style="list-style-type: none"> 1. V-Sit 2. Side Support(s)

Power Exercise Chart (Blue Cards)

	Exercise Without Equipment	Exercise With Equipment
Upper Body Power	<ol style="list-style-type: none"> 1. Pike/Tuck Jacks 	<ol style="list-style-type: none"> 2. Fast chest Throws w/partner & Med Ball
Lower Body Power	<ol style="list-style-type: none"> 3. Tuck Jumps 4. Squat Jumps 5. ½ and full turns 	<ol style="list-style-type: none"> 6. Depth Jumps between steps

