

Assessment

The assessment rules may be developed in consultation with teachers

STAND-2 HEALTH AND FITNESS
AEROBICS**Introduction**

Aerobics improves all elements of fitness, i.e. flexibility, muscular strength and cardiovascular fitness.

The term 'aerobics' means 'with oxygen'. Physical exercise increases the intake of oxygen by the body and improves its flexibility and muscular strength.

The heart begins to beat faster and benefits cardiovascular fitness.

SPACE - TASK - EQUIPMENT**Space**

- > As mentioned earlier, aerobic exercises involve a small area of indoor space

Date

PRACTICAL RECORD

Serial No.

- > The stepping patterns and actions are confined to a small space.
- > The person doing the exercise stays almost the same spot during the routine.
- > For students with visual, mobility or coordination difficulties, the floor must be free of any kind of obstruction.

Task

- > Add variety and innovation through a mixture of tasks.
- > ~~Introduce new body movements to make the routine interesting~~
- > The students may be taught step formations that they can apply them in sequence and to the beat of music.

Date

PRACTICAL RECORD

Serial No.

Purpose of the Activity

To exercise regularly and safely
for personal well-being.

Outcomes of the Activity

To understand the place of regular activity and to commit to exercise safely and effectively for a healthy lifestyle.

cha - cha - cha

The difference between cha - cha - cha and mambo is that you are doing 3 steps really fast, that is, instead of 1-2, the steps are 1-2-3

Partner 1

- > Slide the left foot forward. Let the body weight rock forward
- > Shift your weight back to the right foot

Date

PRACTICAL RECORD

Serial No.

- > Step to the left with the left foot. Move only about 6 inches.
- > Bring the right foot close to the left foot in a shuffle step.
- > Take another step to the left.
- > Now, shift your weight on to the left foot. At the same time, bring your right foot a little closer to your left foot.
- > Since the left foot stayed in place shift your weight back on to it.
- > Now step forward with the right foot.
- > Take the left foot next to the right.

Date

PRACTICAL RECORD

Serial No.

- > Take a step with the right once more. Shift your weight on it and start the steps one again

Jazz Square

The jazz square forms a basic square with your feet in four counts

Start with your feet together. Step or cross the right foot over your left foot. Move your weight from the right foot to the left foot. Step back on the left foot. Take a step to the right side with the right foot. Step forward on to the left foot. Come back to the original position.

✓
Sayed
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