Aerobics 10

Presentation Directions

In Groups of 2-3, create an aerobics routine and teach it to the class. This can be done live or in a Video. The routine should be 5 minutes long but consists of a minimum of 6 movements (3 upper body, 3 lower body).

Each movement or exercise should last a minimum of 15 seconds but could last longer or be shorter if you are including more movements.

There should be a spoken explanation that goes along with your routine whether it is live or Video. Both formats should also include tasteful music that has appropriate language.

Assessment:

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|  | 1-2 | 2-3 | 3-4 | 4-5 |
| Movements/exercises | Several movements were missing. Lots of repetition. Significant neglect of both upper and lower body. | Two or three movements were missing. Variety was an issue. Movements not appropriately divided between upper and lower body. | One or two movements were missing. Variety may have been an issue. Movements may not have been appropriately divided between upper and lower body. | All six movements were included. 3 upper body and 3 lower body. Movements were excellent with nice variety. |
| Rhythm and Routine | Routine was extremely disjointed and lacked rhythm. | A lot more effort could have been put into the construction of this routine. | Exercises were a little awkward to transition between. Movements often seemed out of place. | Exercises were nicely strung together. Routine shows that some thought was put into how and where to place particular exercises |
| Verbal Instructions | Verbal instructions were poorly done. | Verbal instructions needed a lot of work. Instructions did not match the routine. | Verbal instructions were mostly well done. Some clarity issue interfered with meaning. | Instructions were clear and distinctly helped participants transition between exercises. Enthusiasm was apparent. |

Peer / Self Evaluation:

You have 30 marks to divide amongst the three of you or 20 for 2. Things to consider are the enthusiasm of the presenters during a live presentation. Editing for a Video. Exercise creation. Group meetings…etc.

Names: Peer Eval: Total:

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