PE 352 S03

Practical teaching sessions - Warm-up portion of a lesson

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Sport/Activity

Fitness and conditioning

Name & format

Alphabet Aerobics

Purpose & Objectives

- Fitness and conditioning (cardiovascular and muscular endurance)
- Cognitive – Applying, Copying, Matching
- Affective (social) – Communication, Enthusiasm, Team work
- Psychomotor – Aerobics (jumping, running, stretching)

Materials

- 6 pieces of paper with a number (1-6) written on each
- 24 cones to be used as grids
- 6 envelopes which contain a random 6 letter sequence
- 26 pieces of paper with one letter of the alphabet written on each. A specific activity is described below each letter
- 26 pieces of tape
- Background music

Organization

- Have all students line up on the center line. Number them off (1-6); (if there are odd numbers make a group of 5 and get #1 to go twice)
- Numbers (1-6) are placed on the wall behind each grid. Each group proceeds into their respective grid where they will find 4 letters; (24 pieces of tape and the remaining 2 letters are placed on the opposite wall as guides)
- As a group, students walk towards the opposite wall with one letter and place in its proper place on the alphabet continuum
- Once the letter is in place, the group walks back to their grid to pick-up the second letter
- The group then jogs back to the wall and places the letter in its proper place
The groups continue moving back and forth while increasing intensity, until all of their letters have been placed on the wall.

Once the last letter is in place, the group chooses an envelope from the center circle as they proceed back to their grid.

In their groups, students number themselves 1-6 and open the envelope.

At this point emphasize that this is not a race (competition decreases the quality of the activity).

Student #1 runs to the first letter (indicated by the sequence) and reads the activity. He/she then returns to the group and demonstrates the activity.

A teacher will be near the alphabet continuum in order to answer questions related to the activities.

The group performs the activity while student #1 runs to find out the following activity which is determined by the next letter in the sequence.

Once student #1 returns and demonstrates the second activity, he/she joins the group while student #2 runs to find out the third activity. This continues until all members of the group have demonstrated 2 activities.

If a group finishes before the others have them start over.

When finished, have each member of each group pick-up 1 of the 6 original letters.

Consider starting with 12 letters and add new ones periodically throughout the semester.

The activities chosen can reflect any type of sport/activity (i.e., gymnastics).

Gradually increase the level of activity as fitness increases.

Diagram

Teaching Styles

- Command
- Reciprocal