

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

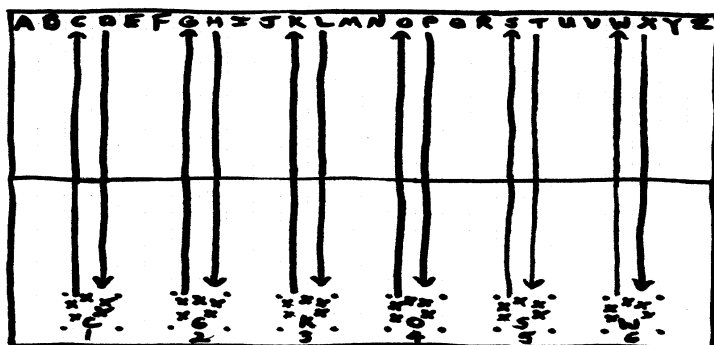
- 6 pieces of paper with a number (1-6) written on each
- 24 cones to be used as grids
- 6 envelopes which contain a random 6 letter sequence
- 26 pieces of paper with one letter of the alphabet written on each. A specific activity is described below each letter
- 26 pieces of tape
- Background music

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

