

Objective

By the end of this lesson, the student will be able to understand the concept of aerobics and perform basic aerobic exercises.

Materials and Prep

Materials: comfortable clothing, open space for movement

Prep: None

Activities

1. Warm-up: Start with a 5-minute jog in place to get the heart pumping and muscles warmed up.
2. Learn the Moves: Teach and practice basic aerobic moves such as jumping jacks, high knees, and side steps.
3. Dance Party: Put on some upbeat music and have a mini dance party, incorporating the aerobic moves learned.
4. Cool Down: Finish with some stretching exercises to cool down the body and prevent muscle soreness.

Fourth Grade Talking Points

- Aerobics is a type of exercise that makes your heart beat faster and makes you breathe harder. It helps keep your heart and lungs healthy. You can say, "Aerobics is like a dance party for your body. It makes your heart and lungs strong!"
- When we do aerobics, we move our bodies in different ways, like jumping, running, and dancing. You can say, "Aerobics is like a fun game where we get to move and play at the same time!"
- It's important to warm up our bodies before doing aerobics so that our muscles are ready to move. You can say, "Just like a car needs to warm up before going fast, our bodies need to warm up before doing aerobics."
- After doing aerobics, we need to cool down by stretching our muscles. This helps our bodies feel better and prevents soreness. You can say, "Stretching after aerobics is like giving our bodies a nice, relaxing hug."