

# LESSON 16: STUDENT-LED WATER AEROBICS

## Grade-Level Outcomes

### Primary Outcome

**Fitness activities:** Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

### Embedded Outcome

**Working with others:** Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3.L2)

## Lesson Objectives

The learner will:

- demonstrate and teach peers a new movement for water aerobics.

## Equipment and Materials

- Kickboards
- Life jackets or flotation belts
- Kickbar floats (optional)
- Music
- Ankle floats

\*Make flotation devices available for students to use in all practice tasks.

## Introduction

*Today is our final day in the water, and we will practice water aerobics. In Lesson 5, I tasked you with coming up with an exercise that we could perform in class. Today is your chance to share it with us. As you share it, be sure to project your voice and provide demonstrations and cues.*

## Instructional Task: Water Aerobics

### ■ PRACTICE TASK

Each student will have 3 to 5 minutes for her or his exercise. Group the exercises by warm-up, main set, or cool-down; whether they should be done in shallow or deep water; and what equipment is necessary.

Students stay within their target heart rates during the main set.

**EMBEDDED OUTCOME: S4.H3.L2.** Use this task to highlight the important qualities of leading a group in physical activities.

### Student Choices/Differentiation

- Students can work in pairs.
- Students may use visual aids when describing their exercises.

### What to Look For

- Students are enthusiastic when sharing their exercises.
- Students are attentive while their classmates lead exercises.
- Students are creative in their selections.

**Formal and Informal Assessments**

Checklist or scoring guide for evaluating student-led exercises

**Closure**

- I hope you enjoyed learning about fitness swimming, water aerobics, and water polo.
- Next time you watch the Olympics, you may have a new appreciation for the skills of the swimmers.

**Reflection**

- How did peers respond when students taught exercises?
- Did they enjoy trying new movements? Were they respectful?
- What changes would I make to this module for the next time it's taught?

**Homework**

*Check out the activities available in the next modules, and be ready to make a selection.*

**Resources**

Internet keyword search: "water aerobics routines," "water aerobics sequences," "water exercise routines"