

LESSON 5: WATER AEROBICS

Grade-Level Outcomes

Primary Outcomes

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

Fitness knowledge: Calculates target heart rate and applies that information to personal fitness plan. (S3.H10.L1)

Embedded Outcome

Fitness knowledge: Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor), to self-monitor aerobic intensity. (S3.H10.L2)

Lesson Objectives

The learner will:

- demonstrate basic water aerobics exercises.
- calculate target heart rate (THR) and monitor it during a workout.

Equipment and Materials

- Barbell floats
- Music for workout

Introduction

Today, we will explore the many potential exercises available in a water aerobics class. Water aerobics is a great way to use your aquatic skills to keep fit. First, you will learn how to calculate a target heart rate for water exercises.

Instructional Task: Target Heart Rate

■ PRACTICE TASK

Review how to calculate target heart rate. Have students calculate and record their target heart rates.

Student Choices/Differentiation

- Students may work with partners.
- Provide worksheets for students that guide the calculation.

What to Look For

- Students are calculating heart rate correctly.
- Students are asking questions when appropriate.

Instructional Task: Water Aerobics

■ PRACTICE TASK

Warm up in the water, using easy movements or swimming at half speed.

Main set: Use a combination of movements to keep students active throughout the workout. Fast-paced music will make the activity more enjoyable.

Sample exercises: Walking in a circle, jogging in a circle, jumping like a frog, lunges, and grapevines, which all can be done going in one direction and then switching the direction. This adds an additional level of intensity.

Have students take their heart rates at pre-determined points during the main set.

EMBEDDED OUTCOME: S3.H10.L2. Have students adjust their intensity to keep their heart rates in the target zone.

Cool down for 5 minutes with easy movements. Students take their heart rates at the beginning and end of the cool-down.

Extensions

- Repeat, adding some additional in-place movements, such as squat jumps, Russian kicks, mule kicks, and punching underwater.
- Ask students what sports they play, and have them incorporate some of those movements in the water.
- Synchronize movements to music.

Student Choices/Differentiation

- Students can use flotation devices or aqua belts if needed.
- Students move at their own pace.

What to Look For

- Students become winded.
 - Students are putting in effort for each movement.
 - Students are able to stay within their target heart rate zones for the set time.
 - Students are able to perform all the movements.
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Formal and Informal Assessments

Students' resting heart rates and target heart rate zone calculations

Closure

- Water aerobics is a wonderful way to customize a water workout based on your interests.
- You can replicate movements from the sport you play, giving you a good workout and training for that sport.
- We will have another water aerobics day later in this module, and I would like you to come up with an exercise we can all do in that lesson.

Reflection

- Review THR calculations. Were students doing them correctly? Do we need to revisit next class?
- Were students challenging themselves to keep their heart rates up?

Homework

Develop a water aerobics exercise that you can demonstrate to the class. You will share this exercise at the end of the module. Feel free to draw from other activities or sports that you engage in. Walking and running in a circle will be covered in class, so come up with something different. Your exercise should last from 3 to 5 minutes.

Resources

Internet keyword search: "water aerobics," "water exercise," "water walking," "deep water running"