

**SHAPE Standards:**

3, 5

**DPE Outcomes:**

- I can identify two benefits of flexibility.
- I can identify challenge as a part of physical fitness.

**Equipment:**

- Music for Teacher Leader Exercises

**Instructions**

Arm Circles — 25 seconds

Bend and Twist — 25 seconds

Treadmill — 25 seconds

Abdominal Challenges — 25 seconds

Single-Leg Crab Kick — 25 seconds

Knee to Chest Curl — 25 seconds

Run in Place — 25 seconds

Trunk Twister — 25 seconds

Follow each exercise with 25 seconds of aerobic activity.

**Teaching Hints**

Tape alternating segments (25 seconds) of silence and music. The music signals aerobic activity. During the silent segments the exercises are performed.

Allow students to adjust the workload to their personal ability and fitness level. This means that some students may perform more repetitions than others.

Move and help students learn the exercises.