

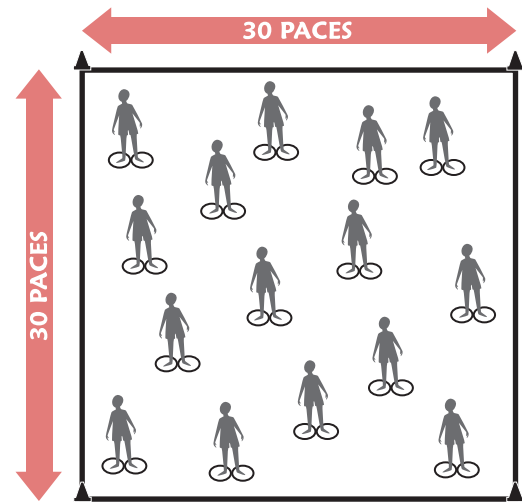


Ready...

- 2 paper plates (dinner-size) per student
- 4 cones (for boundaries)
- Music and player
- *Paper Plate Aerobics Prompt Pages (SPARK Instructional Media CD)*

Set...

- Create large (30X30 paces) activity area.
- Scatter students throughout area; each with 2 paper plates.



GO!

1. The object is to try a variety of moves, while keeping the paper plates under your feet.
2. I'll call out a skill, and give you some time to practice and experiment with it.
3. **Paper Plate Tasks**
 - *(Describe and demonstrate 1 Paper Plate Skill at a time. See Paper Plate Aerobics Prompt Pages. Allow students a minute or more to practice and experiment with each skill.)*
 - *(Continue as time permits. Try to cover between 6-8 new moves each session.)*
4. Join a partner or group of 3, and create your own moves. *(Allow students time to experiment and create.)*

CHALLENGES

- ★ Can you keep the plates under your feet the whole time?
- ★ Can you keep your feet under control?

CUES

- ★ Knees are loose and heels come up slightly off ground when feet are positioned on plates.
- ★ Keep abdominals tight.
- ★ Control your movements to avoid too much sliding.

★ Tag Game

(Use the plates in a simple tag game. It's not only fun, but it is a great equalizer for all students. Because they can't run, this is a great way to play tag games indoors.)

★ Create a Routine

(Pairs or groups of 3.) With your group, create a routine consisting of at least 4 different moves and lasts up to 1 minute.



HOME

How many ways can you use paper plates to get your body moving moderately to vigorously at home?

Here are some ideas:

- Stand on them, and volley a balloon back and forth with a friend.
- Put your hands on 1 plate and your feet on 1 plate – now do the inchworm move.
- What else?

STANDARDS ADDRESSED

NASPE

#1, 2 Balance, body awareness

#3, 4 Cardiovascular endurance, muscular strength and endurance, flexibility

- #5, 6 Cooperation, accepting challenges

Your State (Write in here)

TONY'S TIPS

- Carpeted floors work very well. Wood and linoleum are a bit slower. It also works on blacktop (well swept).
- Thicker plates work best and last longest.

NOTES

