Aerobics

Total 50 marks

Group Members: _____
_____
_____
_____

Songs:_____
Artist:_____

Workout:

10 Effort/Enthusiasm

5 Synchronization

18 Dynamics:

Variety of moves

- 3 different levels (high impact/ low impact)
- 3 variety (using different body parts, different moves)
- 3 warm-up/cool down
- 3 stretch
- 3 repetition
- 3 all group members involved

10 Flow

7 good transition between moves/moves build from simple and slower, to more complicated and fast.

3 moves fit to the music

Teacher Comments

_____
_____
_____
_____
_____
_____
_____

Write-up:

6 Typed Instructions organized, clearly explained steps, easy to understand.

1 Songs & Artist's listed (and appropriate)