



Prep

- Music (track 20 on *SPARK MS Music CD*) and player
- *Electric Slide Teacher Prompt Page* (SPARKfamily.org)
- *Electric Slide Demo Video* and player (SPARKfamily.org)



Set

- Begin with *ASAP: Circle Moves*.
- Review the *Electric Slide* with students (use *Electric Slide Teacher Prompt Page*).
- Review heart rate zones and HR check procedures.
- Scatter students in lines throughout area.



Teach

1. During the *Electric Slide Cardio Kickboxing*, you will learn a variation of the *Electric Slide* using a kickboxing move at the end of every 4 counts.
2. In *Cardio Kickboxing Style* the moves are very similar to the *Electric Slide*. (*Demo or show clip.*)
3. (*Use the “add-on” method: teach first 8 counts, review, teach next 8 counts, review from the top, etc.*)
4. **Cardio Kickboxing Electric Slide Cues**
 - Grapevine to the R, end with L side-kick high (1-2-3-kick)
 - Grapevine to the L, end with R side-kick high (5-6-7-kick)
 - Walk back R-L-R, end with L front-kick high (1-2-3-kick)
 - Rock forward, back-kick R high (5-6)
 - Rock back, front-kick L high (7-8)
 - Step L, quarter turn to the L with a R foot side-kick high (1-2, or “turn-and”)
5. **Challenges**
 - Each time you kick, can you keep your balance?
 - Can you get your heart rate in the target zone?
6. **Think about...**
 - How does this version compare to the ones you created?
 - Do you think you would enjoy taking a kickboxing class?

ELECTRIC SLIDE (CARDIO KICKBOXING STYLE)

EXTENSIONS



Pedometer

(Need 1 pedometer per student.) Wear a pedometer while dancing. See how many total steps you can get by the end of the activity.



Add 1-4-Fun

Add spins and twists while doing grapevines and turning. This will add even more movement.



WELLNESS INTEGRATION

Cardio comes from the Greek *kardia* meaning heart. Today we use Cardio interchangeably with Aerobics or Aerobic Exercise. Really the idea is to make the heart stronger and more efficient while pumping oxygen-rich blood around our bodies. So, write down 7 activities that you enjoy that strengthens your *kardia*. Now, choose 1 and get busy!



STANDARDS ADDRESSED

NASPE

- #1, 2 Rhythm and dance skills
- #3, 4 Aerobic capacity
- #5, 6 Cooperation, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Check heart rate after a few rounds to be sure students are getting in their target zone.
- Use different songs that are up-beat so that you don't get bored with the same song repeating.

NOTES
