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.

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