

IDEAS FOR STEP AEROBICS

Post signs of step patterns on the wall (as in stations).

Form groups for how many patterns you wish for them to learn (class size will determine)

EX: 6 step patterns = 6 groups

1 person from each group goes to a different pattern and learns that pattern (about 5-10 minutes)

Everyone returns to their original group and teaches their pattern to the rest of the group.

The class will all know 6 different step patterns and can repeat these to music in the order you call out (or have each group lead the class)

You can repeat this occasionally throughout the class, warm – up using already learned patterns (review) and use new patterns for the class to learn.

After you have used the patterns you desire, have each group create a routine to teach the class. (You decide the length of time the routine needs to last.)