

Aerobic rhythmic movement routine

Group Names:

Letter Grade

1. _____	Kondash	Haushalter	_____
2. _____	Kondash	Haushalter	_____
3. _____	Kondash	Haushalter	_____
4. _____	Kondash	Haushalter	_____
5. _____	Kondash	Haushalter	_____
6. _____	Kondash	Haushalter	_____
7. _____	Kondash	Haushalter	_____
8. _____	Kondash	Haushalter	_____

- ◇ Usually a group grade is given but members could receive higher or lower scores based on their individual skill performances.

All Rhythmic performances must have:

- 4 different activities/movements, repeat circuit twice through,
- participants must be on rhythm and together (use a cadence),
- use at least one piece of equipment in your circuit,
- cardiovascular activity that increases the heart rate,
- minimum 1-2 minutes in length.

Points

- 10 4 different activities/movements, repeat circuit twice through
- 10 participants must be on rhythm and together (use a cadence)
- 10 use at least one piece of equipment in your circuit
- 10 cardiovascular activity that increases the heart rate
- 10 minimum 2 minutes in length