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Guidelines

* Develop a routine with the goal of improving aerobic capacity.

\* Include at least 6 different aerobic movement skills in your routine. You may use the same move more than once. However, your routine must include at least 6 different skills to build aerobic capacity.

The Routine must last at least 2 minutes.

* Transition between movements must be quick and smooth.

Perform skills under control and with good form. Involve all group members equally.

* Make it creative and fun to watch. Use music if you like.
* Write your routine on this card. Groups will teach routine to class.



|  |  |  |  |
| --- | --- | --- | --- |
| **Skill or Transition** | **Count** | **Skill or Transition** | **Count** |
| **1.** |  | **8.** |  |
| **2.** |  | **9.** |  |
| **3.** |  | **10.** |  |
| **4.** |  | **11.** |  |
| **5.** |  | **12.** |  |
| **6.** |  | **13.** |  |
| **7.** |  | **14.** |  |