



# Sport Aerobics

Learn how to teach Sport Aerobics to your students

**ACHPER QLD  
Brisbane HPE Conference 2019**



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# Presentation Outline



- What is Sport Aerobics?
- Benefits of Sport Aerobics in Schools
- Warm Up
- Flexibility Exercises
- Basic Movements
- Advanced Movements
- Compulsories
- Aerobics Combinations
- Jumps
- Fitness Exercises
- Creating Routines
- Routine Mapping
- FISAF Australia
- Questions

# What is Sport Aerobics?

Sport Aerobics is a fun fitness routine using similar choreography to that seen in an aerobics class at a gym. The sport caters for all ability levels and is able to be provided in a competitive or non-competitive setting within your school.



# Benefits of Sport Aerobics

Sport Aerobics has taken Queensland schools by storm in the last 12 months. There are now over 15 schools involved in FISAF (Federation of International Sport Aerobics and Fitness) in the state and the number is constantly growing.

With so many schools implementing this sport as an extracurricular activity on top of PE lessons for their students now is the time to brush off your joggers and learn just how to make your school competitive in this highly addictive sport.

**There are so many benefits to schools in offering sport aerobics to students. Some of these are:**

- It supports government initiatives around health, physical activity, and wellbeing education
- It is an increasingly recognised and rapidly growing sport nationally
- It is an activity that can be carried through to adult life
- It promotes school spirit, personal growth and can be a point of difference within the school's curriculum and/co-curricular activities
- Schools enjoy participating in a sport that is inclusive and positive for students of all levels and abilities.
- Build confidence in students
- Opportunities for students to perform and showcase what they have learnt

# Warm Up



- Line drills to counts/music
- Aerobics relay races
- Follow the leader

# Flexibility Exercises



- Hamstring stretch
- Straddle sit
- Butterfly stretch
- Backwards Butterfly stretch
- Arm stretch

# Basic Movements



- Jogs
- Knees
- Super Mans
- Hops
- Scoops
- Skis

# Advanced Movements



- Easy Walk
- Grape Vine
- Step Knee Step together
- Flick kicks
- Chasse



# Compulsories



- Jumping Jacks
- High Leg Kicks
- Straddle Sit
- Push Ups

**How to:**

# **Jumping Jacks**

# Aerobics Combinations



# Jumps



- Straight Jump
- Tuck Jump
- Air Jack
- Half Turn

# Fitness Exercises



- Push Ups
- Sit Ups
- Skips
- Squats
- Sprint Laps

# Creating Routines



- Counting music
- Match routines to students ability level
- Formations
- Higher hip elevation= Greater intensity



# FISAF Australia



- Ready to use Packages (including music, routines, warm up activities, how to videos)
- FISAF Australia designed the School stream to encourage and support schools from around Australia to compete in FISAF competitions through a simplified approach
- Visit Nat at the FISAF Australia stand for more information and to win a 2020 Schools Pre Choreographed package



# Questions



*inspire*  
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Australia



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