

Spanish Fork High School I CAN GOALS for Dance Conditioning (ZUMBA)

- I CAN identify reasons to participate in lifelong fitness.
- I CAN make healthy exercise choices and create three semesterly goals with documented progress throughout the semester.
- I CAN explain why proper workout attire is necessary for my safety as I exercise.
- I CAN demonstrate a safe and effective way to exercise; i.e., warm up, increase heart rate, stretch, cool down.
- I CAN memorize dances that will help me to reach my long-term (semesterly) goals and write a plan of how I will use this knowledge outside of the classroom.
- I CAN choreograph in a group a structured workout routine (dance) that helps to increase strength and flexibility, and raises the heart rate.
- I CAN explain why staying hydrated and eating healthy foods will help me to reach my long-term goals.
- I CAN work in a group to learn other dances that my peers have choreographed and explain why their dances are beneficial to my overall health.
- I CAN attend another Zumba class (outside of school) and identify how the class is beneficial to my overall health OR how the class could have better benefited my overall health.