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.