

DANCE, DANCE, DANCE FOR CARDIOVASCULAR ENDURANCE!

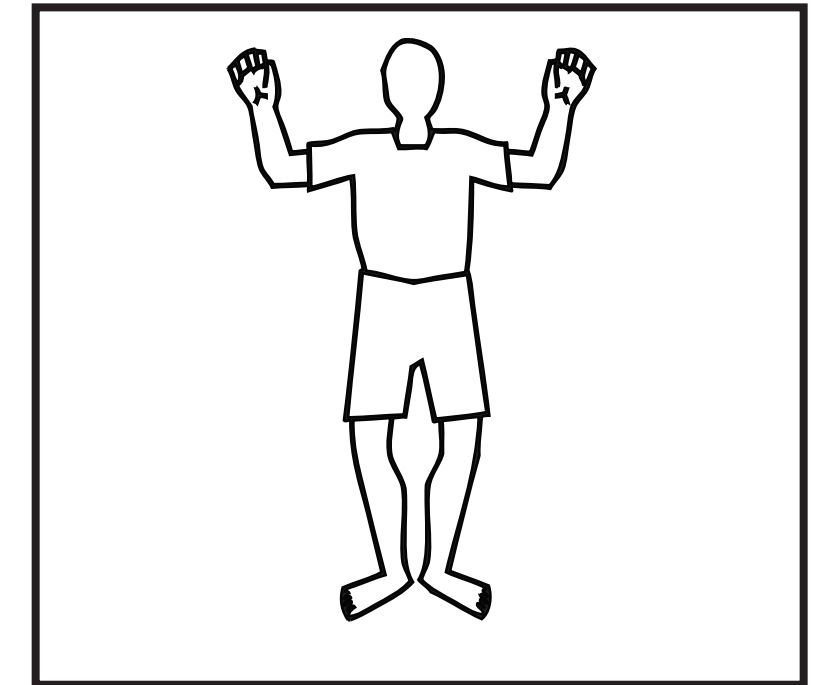
-THE DANCE STATION-

Cardio, cardio and more cardio at this station. Heart pumping dance routines build endurance and a sweat. Four players dance their hearts healthier with this full body workout.

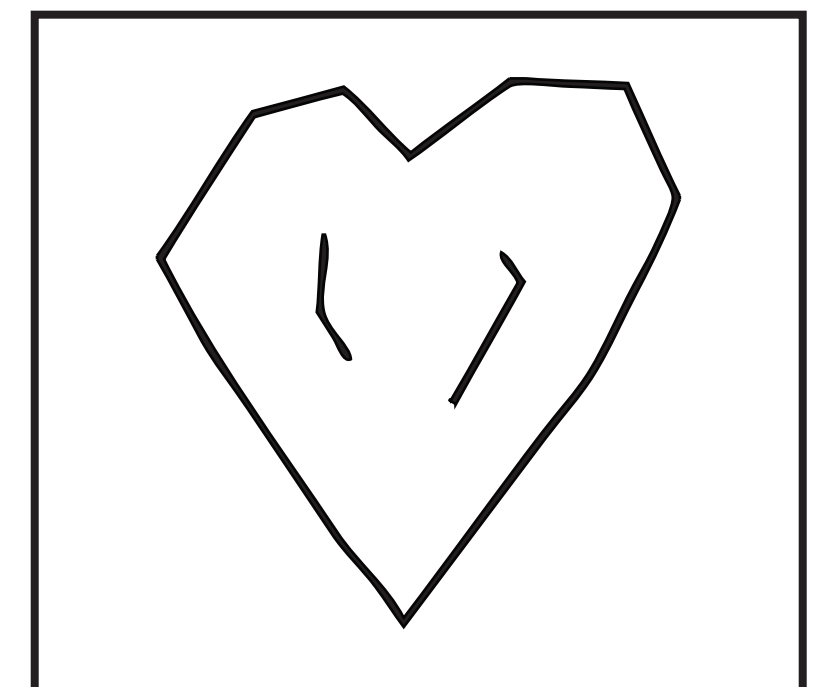
This cardio intense station lets four players dance their way to fitness. Heart pumping dance routines work the hips, quadriceps, glutes, calves and, of course, the heart. Jumping around at this station also helps strengthen bones. Follow along with the beat and match the moves on the video screen to pass this cardio test.



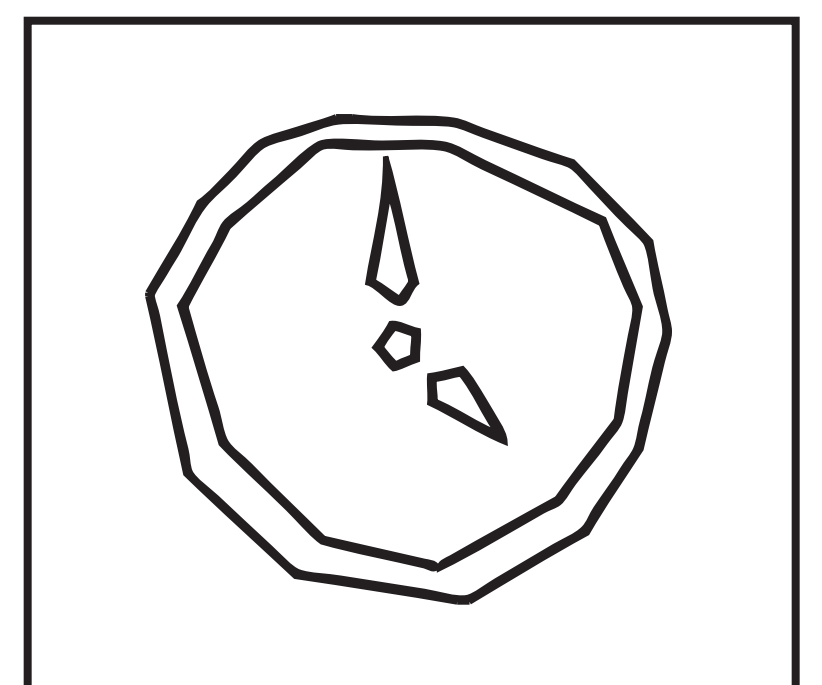
Muscles, Systems & Skills



Total Body



Cardio



Timing

The Dance Station is in alignment with the following Physical Education and Health Learning Standards:

- Understand the effects of activity on the body, the risks associated with inactivity and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility and body composition)
- Demonstrate mastery of fundamental motor, non-locomotor and manipulative skills and understand fundamental principles of movement
- Understand the relationship between physical activity and individual well being

Related Sports & Activities

Dancing
Martial Arts
Aerobics
Cheerleading

