

**CUPID FITNESS CAPACITY SHUFFLE**

STUDENT TARGETS

- **Skill:** I will maintain proper body alignment while performing fitness activities.
- **Cognitive:** I will discuss the difference between aerobic and anaerobic exercise.
- **Fitness:** I will monitor my heart rate while performing aerobic and anaerobic exercise.
- **Personal & Social Responsibility:** I will participate safely with attention to exercise form and injury prevention.

TEACHING CUES

- Stay in Personal Space
- Safely Push Your Limits
- Rehydrate

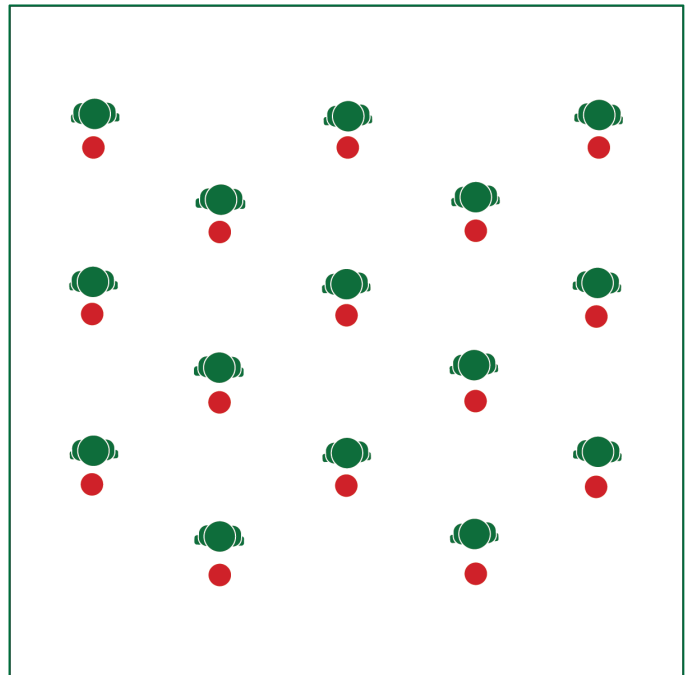
ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- Cupid Shuffle Song ([iTunes](#))
- 1 spot marker per student
- 1 Cupid Anaerobic Capacity Task Card
- 1 Cupid Aerobic Capacity Task Card

**Set-Up:**

1. Scatter spot markers in a large activity area. Each student at a spot.
2. Be sure all students have enough space to complete the movements safely.



**Activity Procedures:**

1. Today's activity is called the Cupid Fitness Capacity Shuffle. We're going to test our aerobic and anaerobic capacity. The object of the activity is to complete the Cupid Shuffle using aerobic and anaerobic movements in order to feel our body's physiological response.
2. First, we'll practice the Cupid Shuffle to learn the basic dance steps. Next, we'll use the Aerobic Capacity and Anaerobic Capacity Task Cards to increase our heart rates and test our energy systems.
3. 1 version of the dance is designed to be an aerobic activity. The other version is designed to be an anaerobic activity. We'll use heart rate monitors to track which zone we're working in (optional).
4. Teachers: Allow students to rehydrate as needed and carefully note their perceived level of exertion.
5. At the end of the lesson, we will discuss how our bodies reacted to each performance.

**Grade Level Progression:**

- 6<sup>th</sup>: Complete both versions of the dance and discuss RPE.
- 7<sup>th</sup>: Complete the both versions of dance and then approximate the calorie burn from the activity. Next, compare calorie burn to the calories in various snacks.
- 8<sup>th</sup>: Complete both versions of the dance in 2 consecutive classes. First, students will use heart rate monitors to adjust workout intensity. Next, they will use monitors to track average heart rate, but they won't look at them during the activity. Instead, use RPE to adjust intensity.

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UNIVERSAL  
DESIGN  
ADAPTATIONS

- Modify both versions of this dance to meet the needs of all students.
- Focus only on aerobic steps as students become comfortable and understand RPE.
- Extension: Prompts students to take another popular party dance and develop their own progression that shows aerobic and anaerobic capacity.

ACADEMIC  
LANGUAGE

Aerobic, Aerobic Capacity, Anaerobic, Energy Systems, Pace, Prevention, Lactic Acid, Rate Perceived Exertion (RPE), Weight Management

STANDARDS  
& OUTCOMES  
ADDRESSED

- **Standard 3 [M10.6-8]** Differentiates between aerobic and anaerobic capacity, and muscle strength and endurance (6); Describes the role of exercise and nutrition in weight management (7).
- **Standard 3 [M13.6-8]** Defines resting heart rate (RHR) and describes its relationship to aerobic fitness and the Borg Rating of Perceived Exertion (RPE) Scale (6); Defines how the RPE Scale can be used to determine the perception of the work effort or intensity of exercise (7); Defines how the RPE Scale can be used to adjust workout intensity during physical activity (8).

DEBRIEF  
QUESTIONS

- **DOK 1:** What is aerobic capacity? What is anaerobic capacity?
- **DOK 2:** How does each type of activity affect how long you can perform a specific exercise?
- **DOK 3:** How is each type of activity related to rate of perceived exertion (RPE)?
- **DOK 4:** Using information gathered from your heart rate monitor, analyze your ability to pace your activity using only perceived exertion.

TEACHING  
STRATEGY  
FOCUS

**Help students practice skills, strategies, and processes.** Each year, personal fitness devices generate billions of dollars in revenue in the home fitness market. Exploring the functionality of these devices is a critical part of modern physical education instruction. By using heart rate monitoring systems as a part of the physical education classroom, you're helping students practice the skills and strategies commonly used for personal fitness assessment and motivation.