Teaching & Assessing Motor Skills that Thrill
Handouts
RIDE THE WAVE

Objective(s):
1. Perform all exercise movements.
2. Identify sports and/or functional movements that require core strength.

Equipment:
- Circuit Training Cards
- Cones
- Step Boxes
- Medicine Balls
- Dumbbells

Key Safety & Management Tip(s):
1. This circuit is a great activity for large classes.
2. Ensure proper spacing between activities, especially medicine ball wall toss.

Student Explanation:
Ride the Wave is a circuit training activity that will focus on upper body muscular strength and muscular endurance, cardiorespiratory endurance, and core strength. We will rotate from station to station in a wave pattern. Circle around the outside of the circuit to station one after finishing medicine ball wall toss (station six). As you complete the circuit, consider why core strength is important and be prepared to discuss at least two exercises and/or activities that require core strength.

Direction(s):
1. Explain the circuit objectives using the student explanation from above.
2. Model the circuit rotation, proper exercise techniques and safety considerations.

Assessment(s):
1. Ask students to name two sports that require core strength.
2. Ask students to name two functional movements that require core strength.

Modification(s): Please refer to page 5 for exercise modifications.

<table>
<thead>
<tr>
<th>Station/Exercise</th>
<th>Fitness Component(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Step Box Shoot Through</td>
<td>Upper Body MS/ME</td>
</tr>
<tr>
<td>2. Jumping Jack Variations</td>
<td>CRE</td>
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<tr>
<td>3. Medicine Ball Twister</td>
<td>Core ME</td>
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<tr>
<td>4. Dumbbell Shoulder Press</td>
<td>Upper Body MS/ME</td>
</tr>
<tr>
<td>5. Step Box Split Jumps</td>
<td>CRE</td>
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<tr>
<td>6. Medicine Ball Oblique Wall Pass</td>
<td>Core ME</td>
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</tbody>
</table>
Student Assessment

Name ________________________________

7. Which of the following is not a bad habit?
   a. Smoking
   b. Obesity
   c. Physical activity
   d. Poor nutrition

8. List three activities that improve cardiorespiratory endurance. (3 Pts.)
   1.) ________________________________
   2.) ________________________________
   3.) ________________________________