

INSECT-AEROBICS

Background

This is a fun, “energy-expending” activity which imitates movements of familiar insects and their relatives. This activity provides a good opportunity to discuss adaptations as they relate to insect movements.

Materials

- A cassette tape of work-out music
- Pictures of bugs
- A large space - indoors or outdoors
- Kids!

Procedure

The students should be in three or four lines with the leader (usually the instructor, but could be a student) in the front so everyone can see the movements.

In short programs, we usually learn the movements as we go, but it is probably best to figure out each character before the “workout.” It will help set the tone if you can find some good aerobics music.

Here are some examples of insect movements (duration can be varied with respect to your class’ ability/attention level):



Mantis Stretches - Long, high stretches with your legs, first left, then right, then a quick snap with your “claws.” *5 times*



Butterflights - Graceful, slow, full-arm flaps. This is a fairly slow, low-energy exercise that is good for a muscle stretch. *10 times*



Runnin’-in’-Place Roaches - Very high-energy running in place with arm “running,” too, as if using all 4 (cause we don’t have 6) legs. *15 seconds*



Caterpillar Crunches - Laying on your stomach, slide your shoulders and knees together and stick your tush in the air, then slide back down. *5 times*



Water Strider Slides - “Glide” in place using long strokes; first right, then left arms and feet together. Good low-energy stretching movement. *Repeat 10 times*



Dragonflights - With arms straight out parallel with the ground, “flap” as fast as possible from shoulders. Don’t bend elbows! *15 seconds*



Grasshoppers - Bend at knees with hands on the ground, spring up straight into the air and land in starting position. *Repeat 10 times*



Beetle-ups - Push-up-like exercise, but in a curled, beetle-shaped position. Use fingers and toes instead of hands and feet to push. *Repeat 10 times*



Spider Crawl - Bend over so your hands and feet are both on the ground and move three “steps” forward, then three backward, then three to the left, then three to the right. You should be close to where you started. *Repeat sequence 3 times*



Make up your own insect moves!!