**Standard 2: Skill and Fitness Based Competence**

**Element:** 2.3 Demonstrate performance concepts related to skillful movement in a variety of physical activities.

**Artifact:** EDU 255 Lab D Video

**Date:** Fall 2011

**Reflection:** This is a video of me teaching water aerobics. This was one of the best teaching experiences I had last fall. This artifact shows that I am able to demonstrate, direct, and teach performance concepts. Not only did I incorporate water aerobic techniques, I also provided the students with new exercises to learn and practice. These exercises can be performed in or out of the water giving the students a variety of fitness activities. While raising their heart rates by introducing water aerobics, the students also learned about a technique called Tabata Training. I taught this lab after a long process of planning which performance concepts I wanted to display in my lesson. Being able to integrate many activities in my class is a skill that will enhance learning for the students. Allowing the students to experience new things will broaden their minds in choosing lifetime activities. Ultimately, this is important for the development of my career because my students will learn a variety of physical activities. It is my job to demonstrate these performance concepts in order for this to occur.