**DEMONSTRATION/ACTIVITY Slope off! Horizontal Linear Equations with Zero Slope**

Age group: middle school

Choose student volunteers to be equations, time keepers and spotters

Demonstrate hover with setup and safety cues

Time how long students can hold with spotters to watch hips.

Questioning during hold such as what equation may look like, reinforce zero slope idea

Variations: Add arm or leg lift to challenge

Suggested uses: Demonstration to promote student engagement and participation, great for Friday afternoon lesson.

Notes:

June 2015 World record plank: 5 hours, 15 minutes and 15 seconds

The average plank for people who are considered in reasonable shape

Female is 1 minute and 30 seconds

Male is 1 minute and 46 seconds.

2 mins excellent, 5 mins outstanding.

Straight line shoulders to ankles. Hips not to dip or lift. Isometric exercise- train CNS

