

Name/Title: Cardio Drumming to Uptown Funk

Purpose of Event: To work on rhythm and maintaining a steady beat. This is a basic routine, preparing students for more challenging ones in the future.

Suggested Grade Level: 3-5

Materials Needed: One set of drum sticks or lummi sticks for each student. One stability ball for each student. A 5 gallon bucket, laundry basket or similar, for the stability ball to sit on.

Description of Idea

We teach these rhythm routines throughout the year and it is great to use as a warm up or part of a dance/rhythm unit. The video below and the handout of steps will really illustrate what you need to do to teach this to kids. They love it!

Written Steps of Routine

(Bridget Jones is shown in the video leading the class. She is a student teacher from Wright State University.)

Variations:

If necessary, students can be seated or kneeling.

Use just one stick.

Teaching Suggestions:

If children have difficulty using the drum sticks appropriately have them use a plastic drinking straws.

Submitted by **Alan Arnett** in Brookville, OH. Additional authors for this idea were Bridget Jones. Thanks for contributing to PE Central! **Posted on PEC: 1/6/2016.**

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