

Name/Title: Cardio Drumming

Suggested Grade Level: K-5

Materials Needed:

A drumming implementation as well as a surface to drum on. Our class used drumming sticks and yoga balls balanced/secured on overturned step platform bases.

[Drumming Directions Card](#)

Recommended music: Rednex - Cotton Eye Joe

Beginning dance formation: A "window" setup is best to allow view of teacher.

Description of Idea

This is a fun cardio drumming dance that keeps students engaged in movement, rhythm, and a fun group experience! Use the description and video below and the directions card to guide students to do this successfully.

Students can be introduced the days lesson by viewing the video that is below. Before students start the routine, talk about the importance of safety with the rhythm sticks and where sticks should be during teacher instruction. You can show the entire routine on the video and then students can go to their yoga balls. This activity is performed with two students per yoga ball. Yoga or physio-balls can be held in place by using bases of an aerobic step or on top of 5 - gallon buckets.

Once students are at their station, use the visual supplemental materials provided which have broken the routine down into chunks in which to teach. Depending on the level of your students, before starting the dance you may want to discuss the tempo and beat in which the routine will be performed. Once ready, begin teaching the first section with no music. Have students practice the first section and move on to the second section. Once they have learned the second part, have them practice sections 1 and 2 together. Continue this process until the full routine has been taught. Introduce the music whenever you see fit for your students.

Steps for Dance

First Section

(Steps start 16 beats into the song)

Forward taps, alternating feet x4

Backward taps, alternating feet x4

Forward taps, alternating feet with rhythm sticks x4

Backward taps, alternating feet with rhythm sticks x4

Hit ball with 1 stick on right x2

Hit ball with 1 stick on left x2

X2

Second Section

Hit ball with both sticks on right x2

Hit ball with both sticks on left x2

X2

Third Section

Shuffle to left (away from ball) x4 steps

Shuffle to right (back to ball) x4 steps

X2

Fourth Section

Hit ball on top both sticks x2

Hit ball on side with both sticks x2

X4

Fifth Section

High knees marching with sticks x16 hits (8 high knees)

Hit ball on top with both sticks x4

Hit ball on sides with both sticks x4

Hit floor with both sticks x4

Hit sticks over-head x4

Repeat x3

Variations:

Use different music

Use different drumming equipment (even hands)

Submitted by **Diego M Lopez** who teaches at Central Connecticut State University in New Britain, CT. Additional authors for this idea were Emily Cocola & Victoria Sperrazza. Thanks for contributing to PE Central! **Posted on PEC: 11/28/2018.**

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