

Name/Title: Whip and Nae Nae Cardio Drumming

Purpose of Event: To have students practice rhythm while maintaining a steady beat.

Suggested Grade Level: 3-5

Materials Needed:

- *One stability ball and base for each student.
- *One base, 5 gallon bucket, laundry basket, or similar for the ball to sit on.
- *Set of drumsticks, or lummi sticks for each student.
- *Music
- *[Written Routine Steps \(PDF\)](#)

Description of Idea

This is a routine I use to teach rhythm. I chose to use cardio drumming as the kids really enjoy it. Linked above are the steps to teach it but feel free to change it to meet your needs. Once the routine is taught it can be used as a warm up throughout the year.

I usually complete a rhythm lesson with just the drumsticks on the floor first. This is where I teach safety while using drumsticks on the floor.

Assessment Ideas:

Teaching Suggestions:

I have taught numerous cardio drumming routines. I found it works best if "You", the teacher, teach the routine instead of showing the kids video. Keep the routine notes and/or videos next to you as you teach if needed.

Beach balls are a cheaper alternative to stability balls. In addition, you can cut a pool noodle into fourths and use these as drum sticks. If you have any students that have problems with keeping their hands to themselves, the noodle option is a solution to this issue.

Teaching Suggestions:

Here is another cardio drumming idea from Jennie called ["Baby Shark Cardio Drumming"](#)

Adaptations for Students with Disabilities:

The same routine can be adapted to a chair.

Submitted by **Jennie Graves** who teaches at MSA-West in Plaquemine, LA. Thanks for contributing to PE Central! **Posted on PEC: 8/27/2019.**

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