Name/Title: The Chicken Dance Drum Fitness

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.

Prerequisites: 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.

Suggested Grade Level: K-2

Materials Needed:
*Set of drumsticks, or lumni sticks for each student.
*Music
*Written Routine Steps (PDF)
*Video (see below)

Description of Idea

Once the routine is taught it can be used as a warm up throughout the year. Can be used for grades 3-5 as well.

To teach the actual routine we usually sit in a circle and I teach the students the routine while they are sitting. This allows me to help any of the students are are struggling. This is where I also teach the students rhythm and how to count.

Video (link opens new window to YouTube)

Teaching Suggestions:

You can do this routine sitting or with noodles.

Submitted by **Jennie Graves** who teaches at MSA-West in Plaquemine, LA. Thanks for contributing to PE Central! **Posted on PEC: 9/16/2019**.

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