**TAHPERD Conference
University of Memphis**

**Cardio Fitness Drumming Lesson** **- “Walking Song”**[**https://www.youtube.com/watch?v=NU1W1HdfavI**](https://www.youtube.com/watch?v=NU1W1HdfavI)Becky Bocz, PETE Instructor, University of Memphis, r.bocz@memphis.edu
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|  | Put cones out so the students know they cannot leave a certain area |
| 4 – 8 counts | Stand in front of ball – 1st 8 count, cross tap above head on each count; 2nd 8 count, tap on top of ball with both sticks; 3rd 8 count, alternate taps on top of ball; 4th 8 count (same as 2nd 8 count) |
| 4 - 8 counts | Walk it out – Students walk around the room and on the 4 and 8 count they will tap any ball in the general space |
| 4 - 8 counts  | Walk it out slow - Students walk slow around the room and on the 4 and 8 count they will tap the floor with their sticks (low level movement) |
| 4 - 8 counts | Walk it out fast - Students walk around the room and on the 4 and 8 count they will tap classmates stick that is around them (stress safety) |
| 4 - 8 counts | Walk on your toes - Students walk around the room and on the 4 and 8 count they will cross tap their sticks above their head and jump at the same time (high level) |
| 4 - 8 counts | Walk like a robot - students will turn to the closet ball and on the 2, 4, 6, 8 count they will tap the ball while the other arm moves the stick next to the ear (ROBOT movement) |
| 4 - 8 counts  | Walk it out slow - Students walk slow around the room and on the 4 and 8 count they will tap the floor with their sticks (low level movement) |
| 4 - 8 counts | Walk it out fast - Students walk around the room and on the 4 and 8 count they will tap classmates stick that is around them (stress safety) |
| 4 - 8 counts | Walk on your toes - Students walk around the room and on the 4 and 8 count they will cross tap their sticks above their head and jump at the same time |
| 4 - 8 counts | Walk like a robot - students will turn to the closet ball and on the 2, 4, 6, 8 count they will tap the ball while the other arm moves the stick next to the ear (ROBOT movement) |
| 2 – 8 counts | Walk it out slow – Walk back to your original ball (or you could have them go back to the closest ball)  |
| 2 – 8 countsEnding | Walk it out - 1st 8 count, cross tap above head on each count; 2nd 8 count, tap on top of ball with both sticks, then show me your best pose on final 8 count!!! |

**Things to consider:**

**Options:**

**Assessment/Options:**