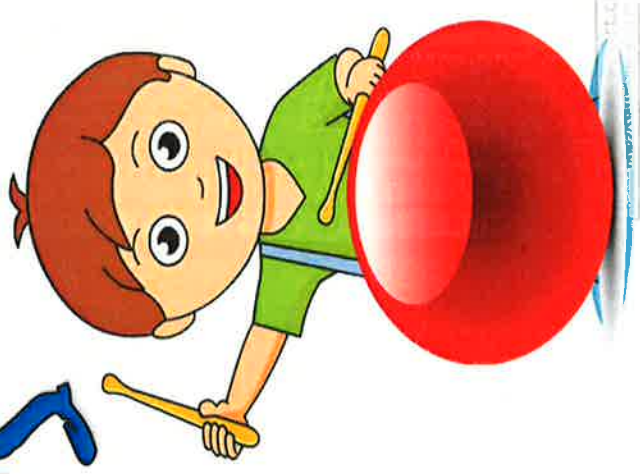


CARDIO

DRUMMING

RHYTHM SHEETS

(Set #1)



Created By: Ross Chakrian

@MR\_C\_PE

**These cardio drumming rhythm sheets were inspired by Dave Senecal's (@pepalooza on Twitter) Beat Sheets. Visit Dave's Teachers Pay Teachers store (<https://www.teacherspayteachers.com/Store/Pepalooza>) for more great resources!**

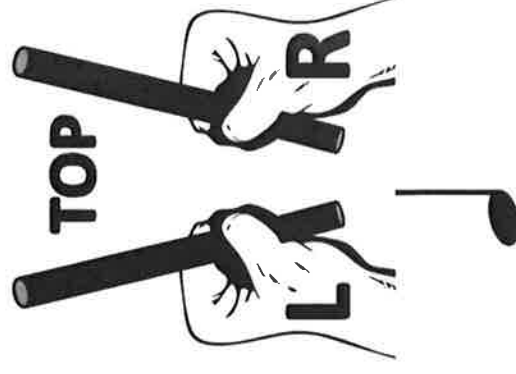
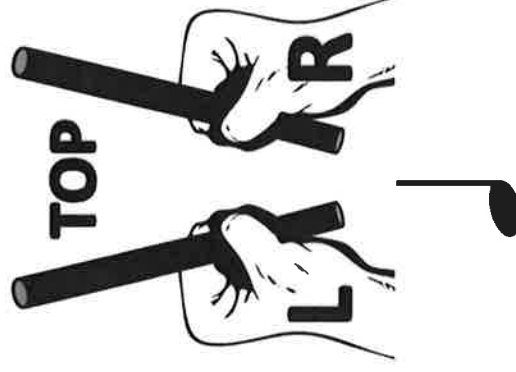
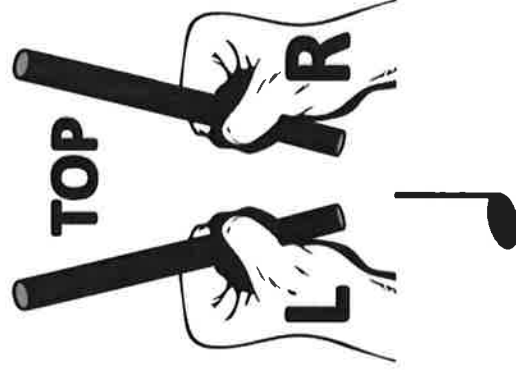
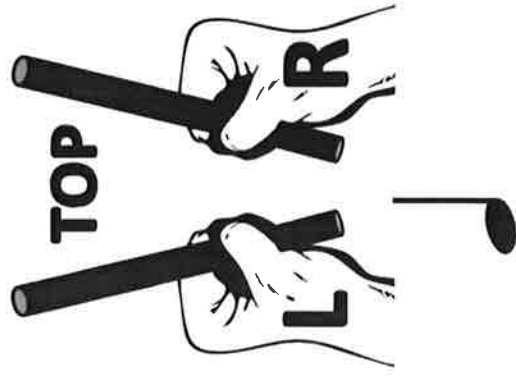
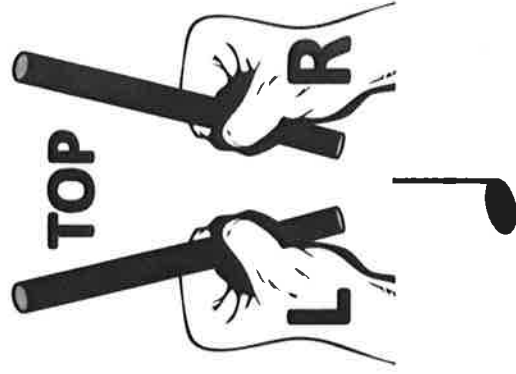
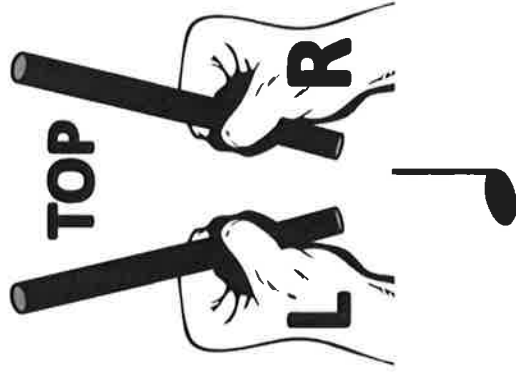
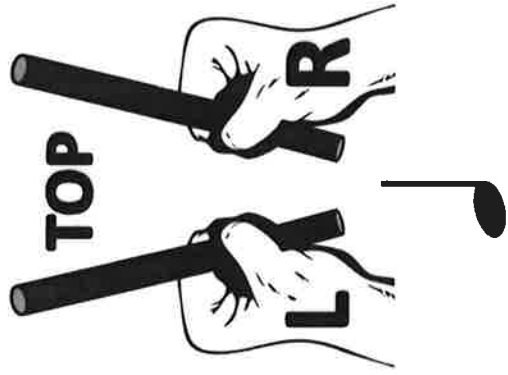
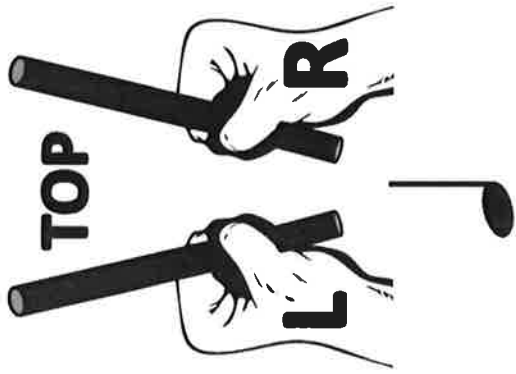
**Print these "Rhythm Sheets" out to use with your students. You can have them work independently with their own cardio drumming set up or share it with a partner by standing on opposite sides. Allow your students to work through the different cardio drumming "Rhythm Sheet" challenge cards, beginning at Level 1. The patterns get more difficult as they move through the different levels. As they improve, present them with different challenges such as performing the pattern at a faster tempo, combining different 8 count patterns from different "Rhythm Sheet" cards or allow them to create their own rhythms!**

# SYMBOL LEGEND



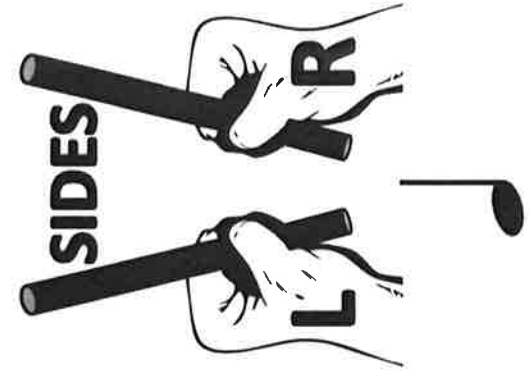
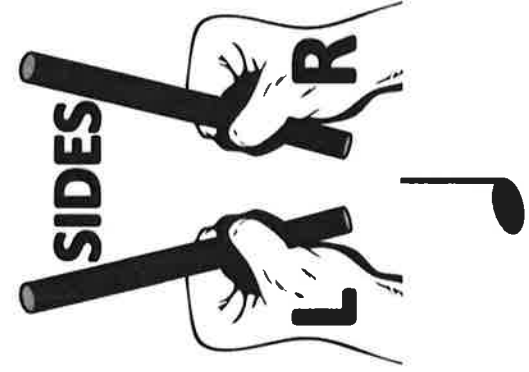
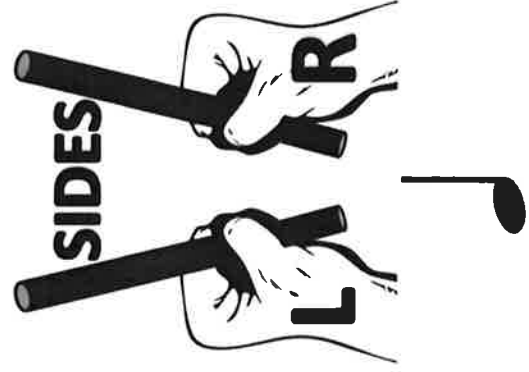
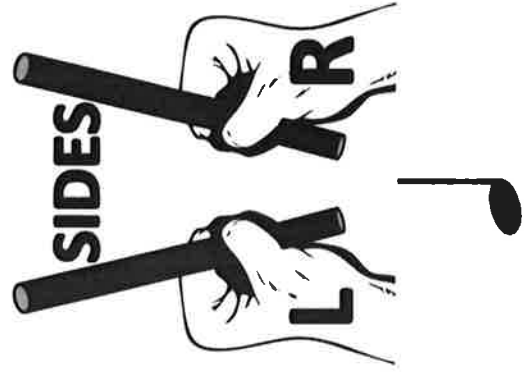
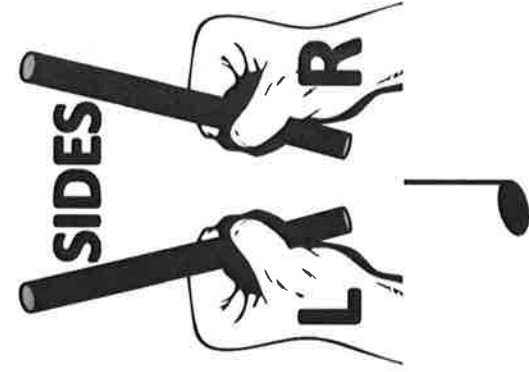
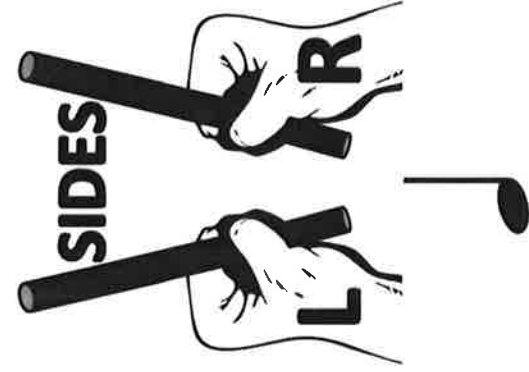
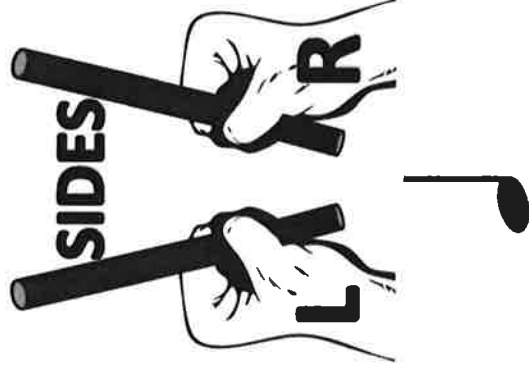
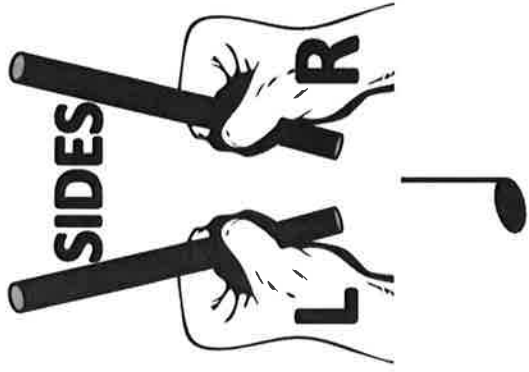
# RHYTHM SHEETS - LEVEL 1:

## FEET STATIONARY

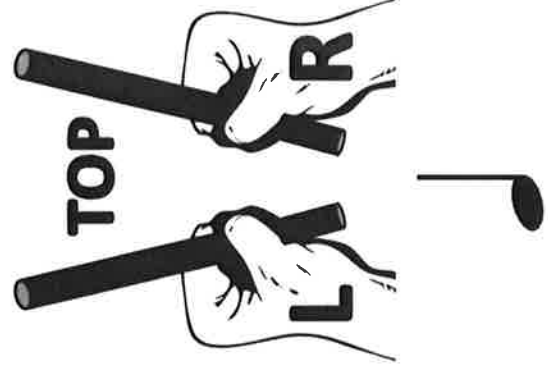
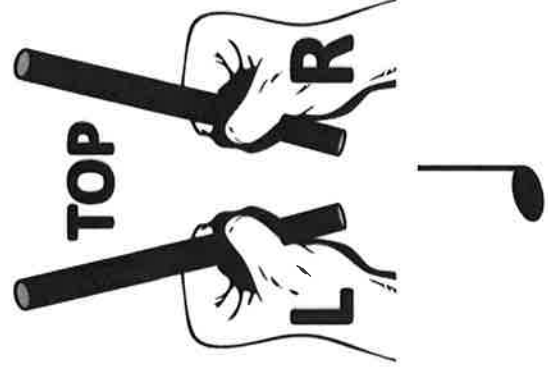
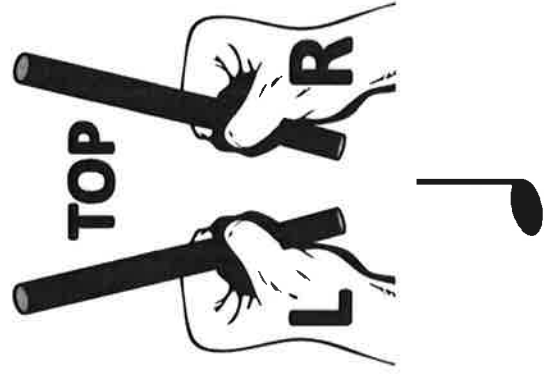
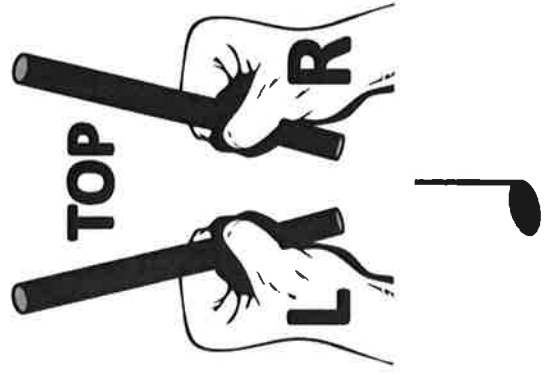
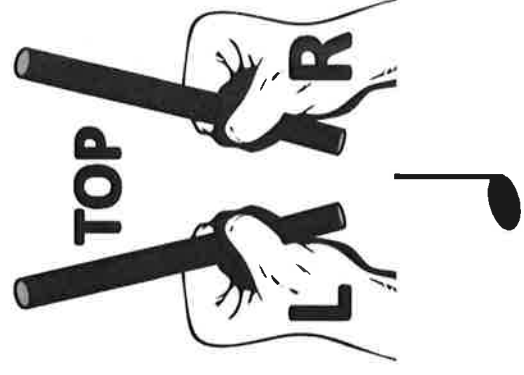
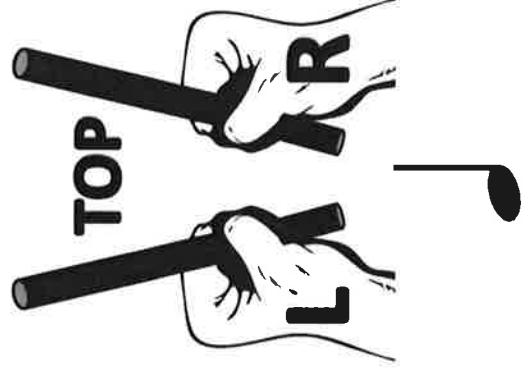
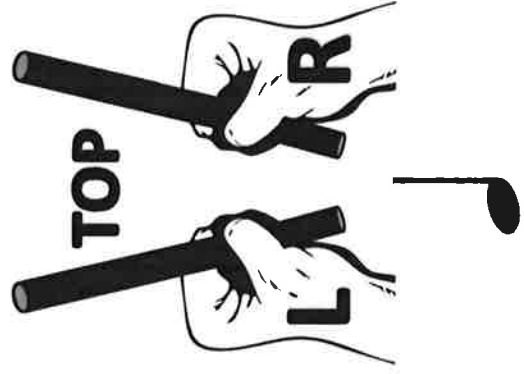
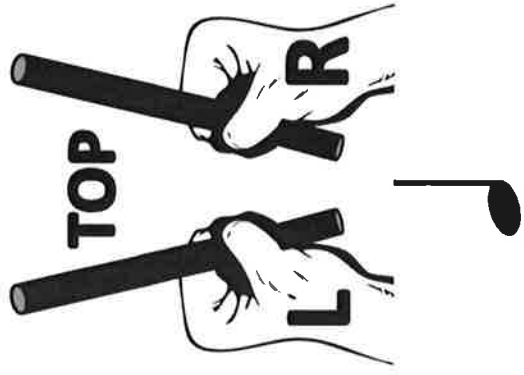


# RHYTHM SHEETS - LEVEL 2:

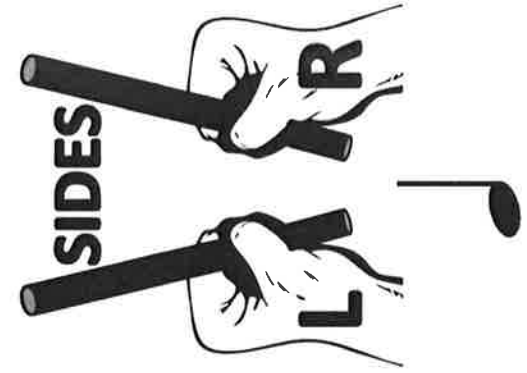
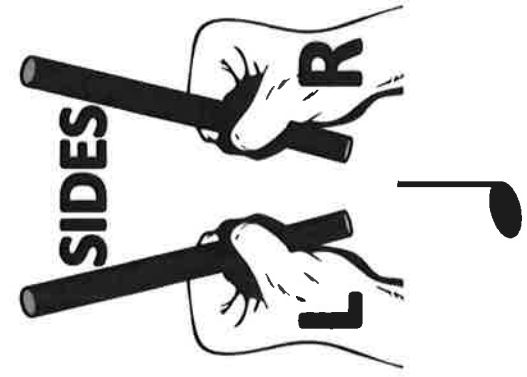
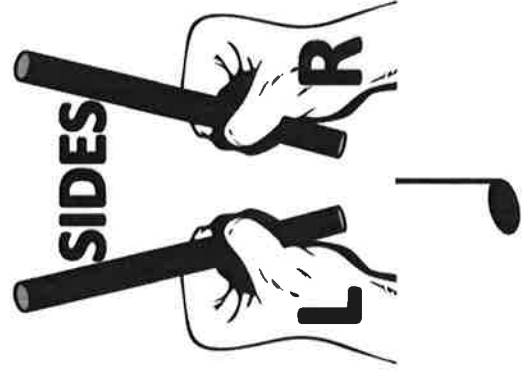
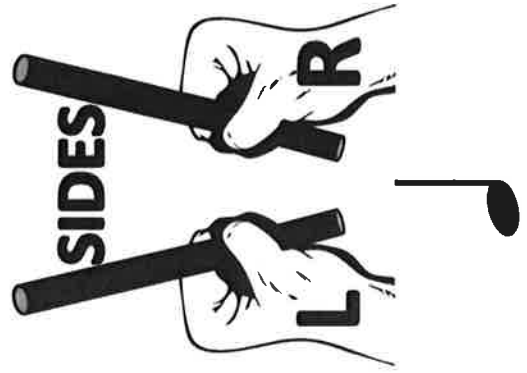
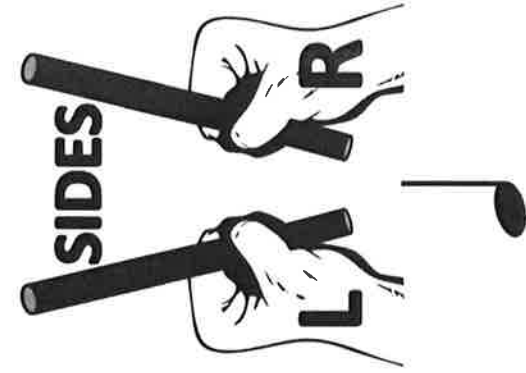
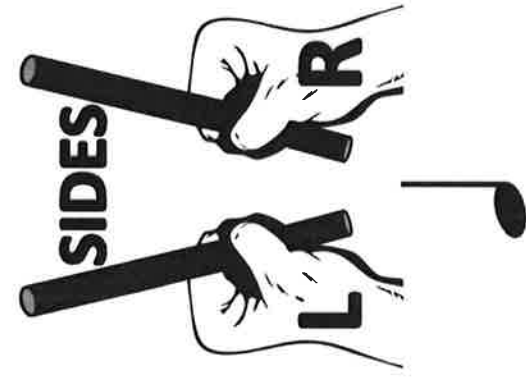
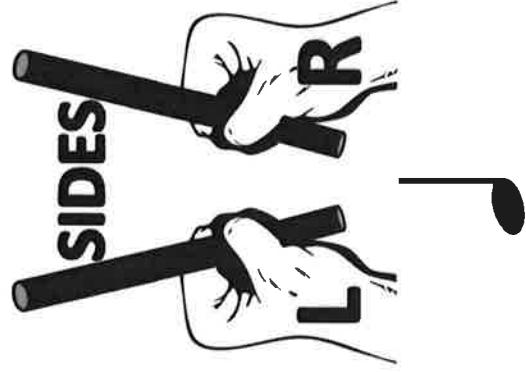
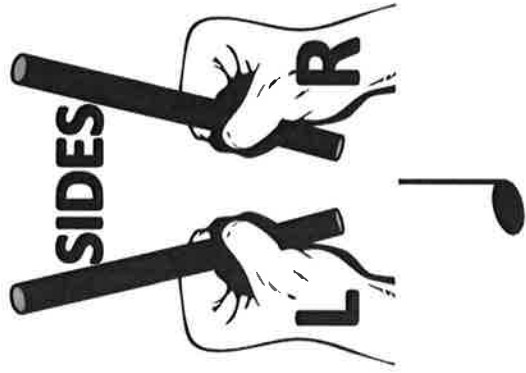
## FEET STATIONARY



# RHYTHM SHEETS - LEVEL 3: FEET JUMPING TO THE BEAT

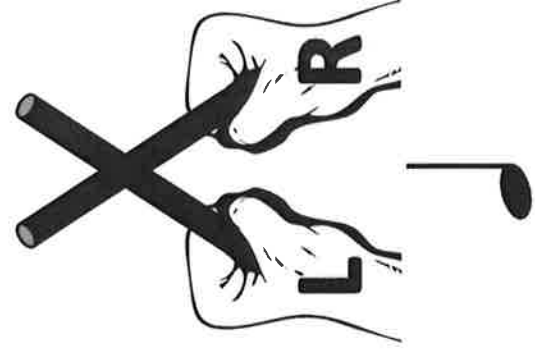
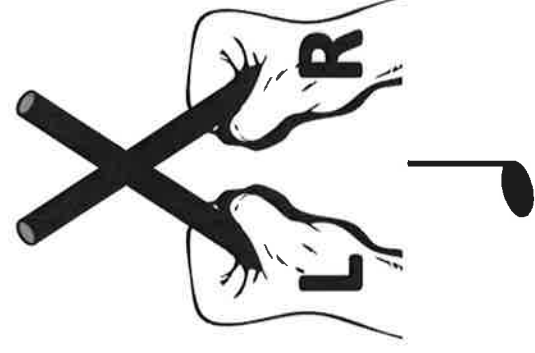
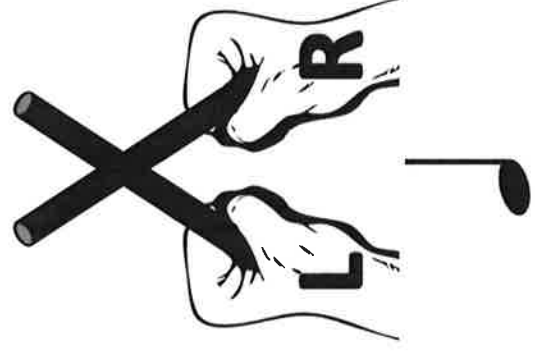
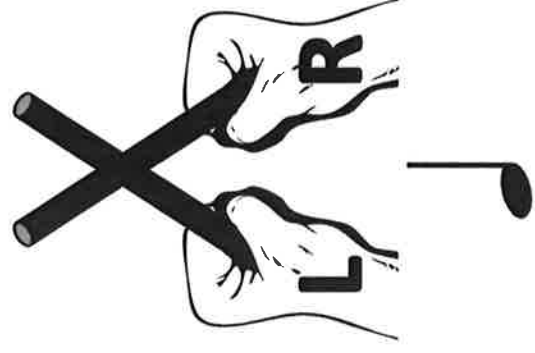
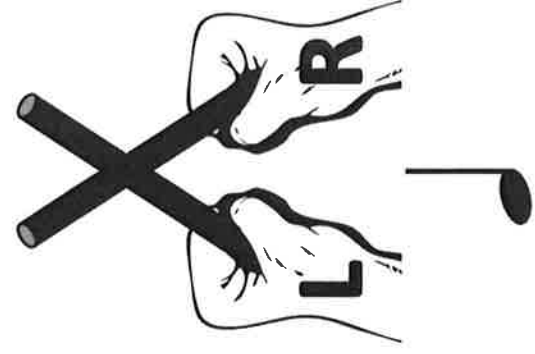
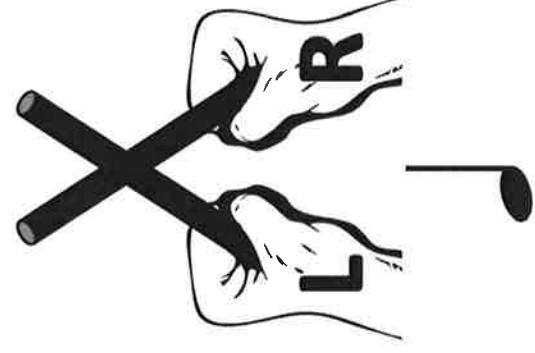
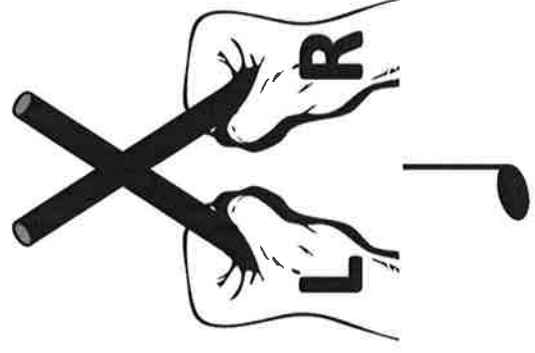
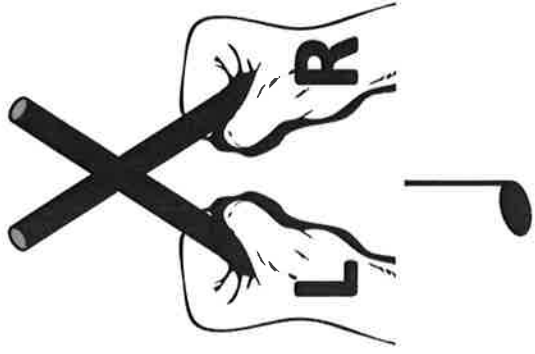


# RHYTHM SHEETS - LEVEL 4: FEET JUMPING TO THE BEAT



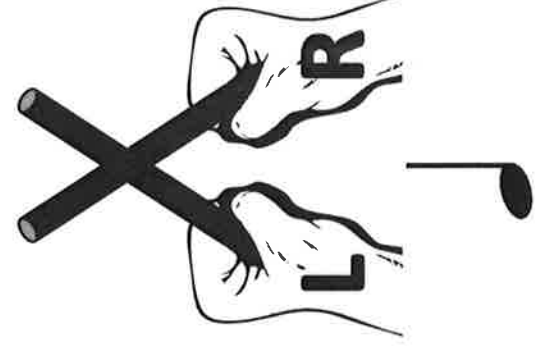
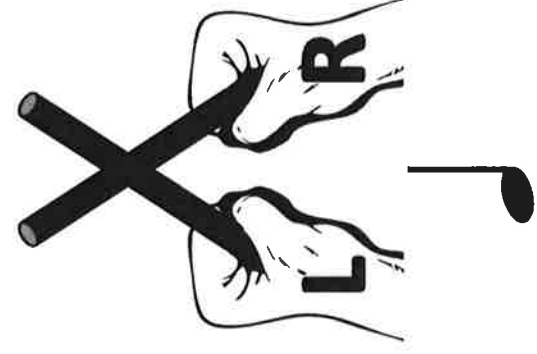
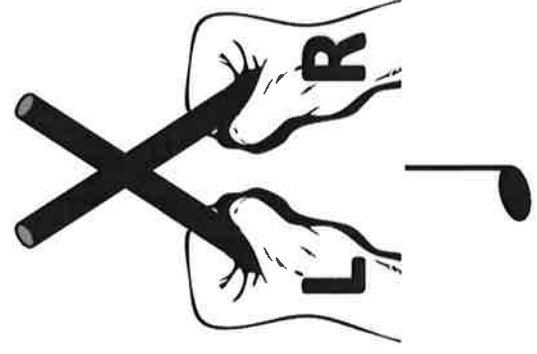
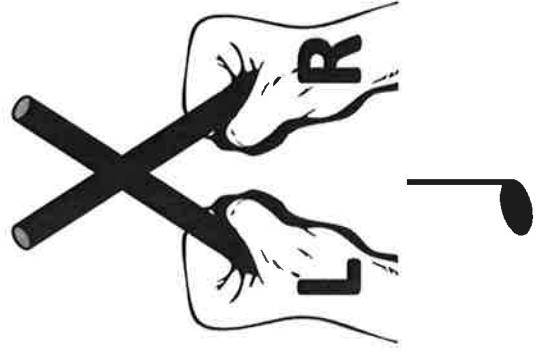
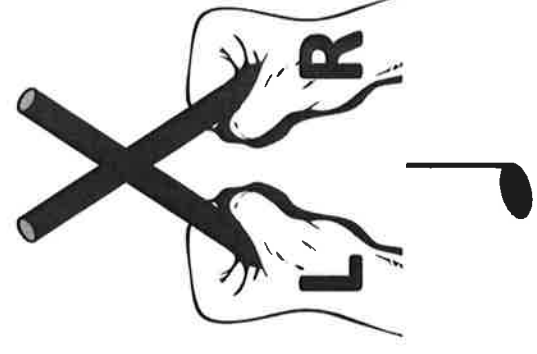
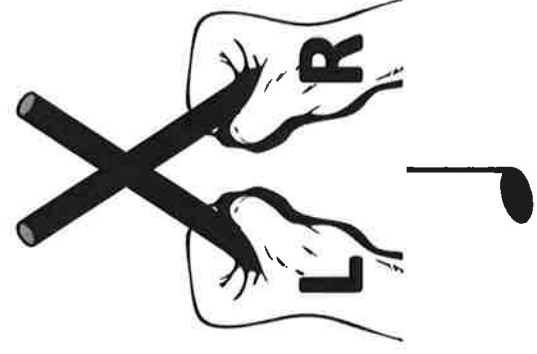
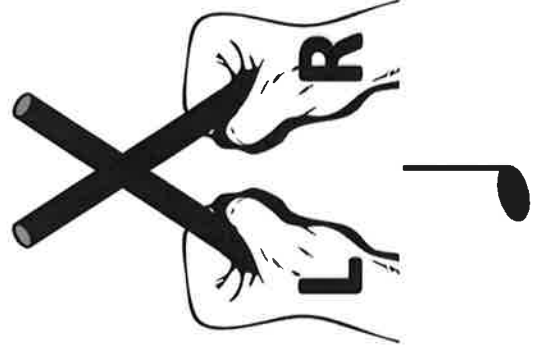
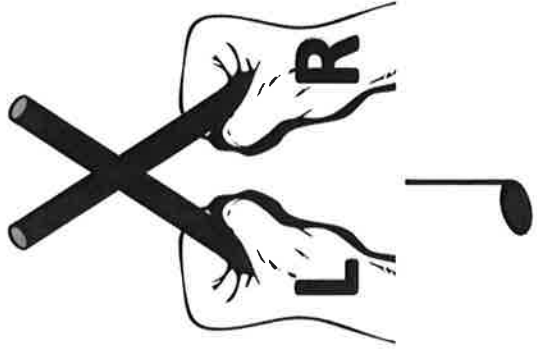
# RHYTHM SHEETS - LEVEL 5:

## FEET STATIONARY



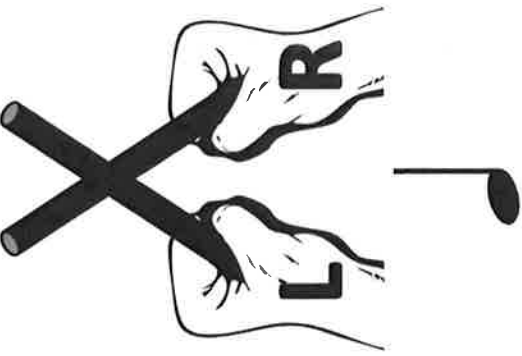
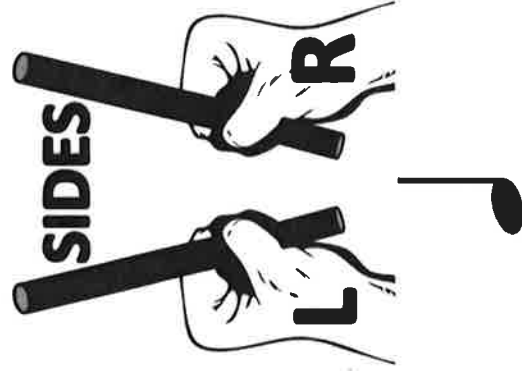
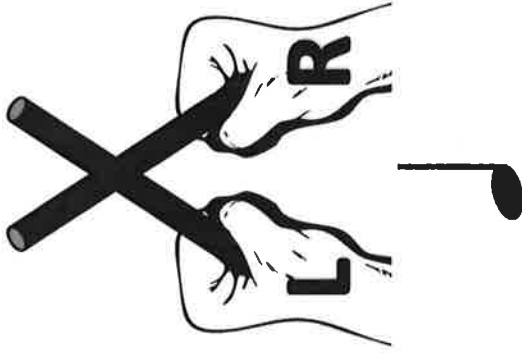
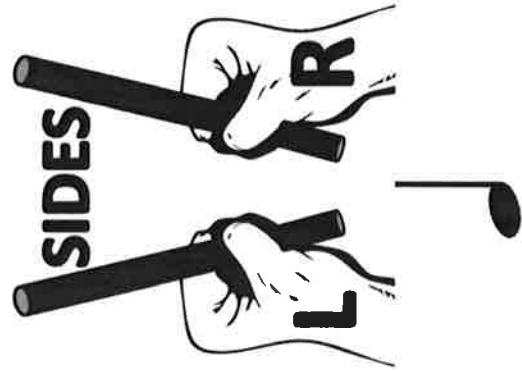
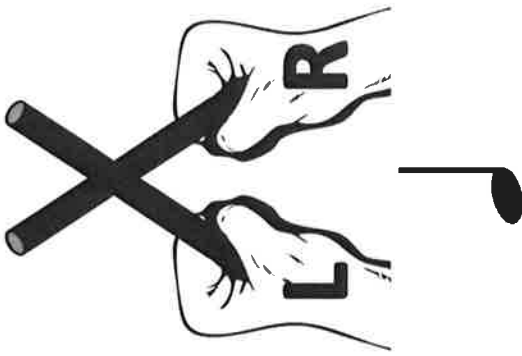
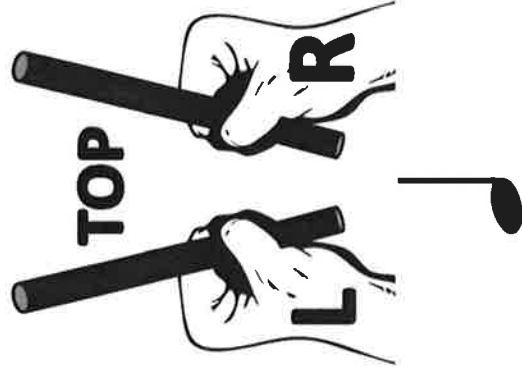
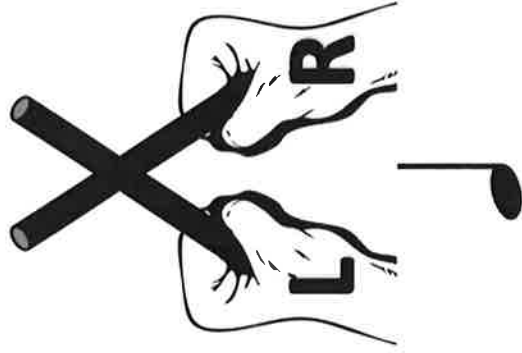
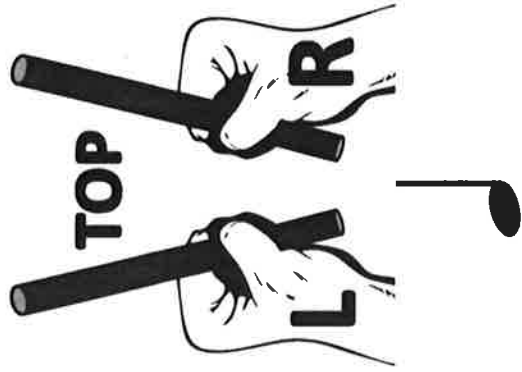


# RHYTHM SHEETS - LEVEL 6: FEET JUMPING TO THE BEAT



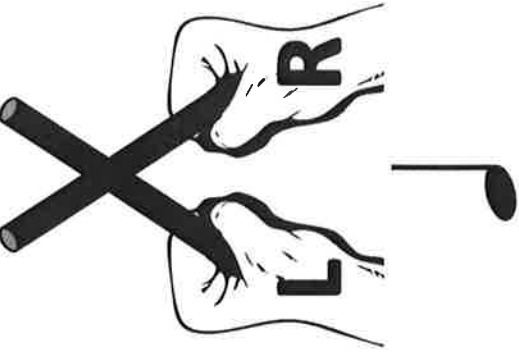
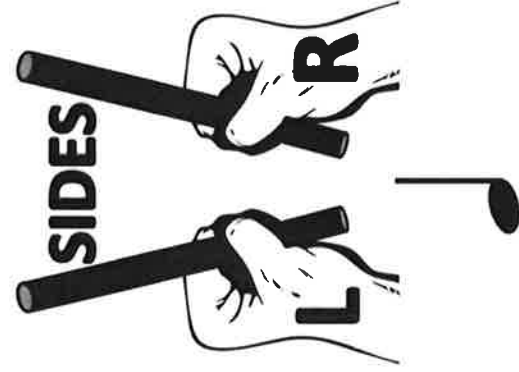
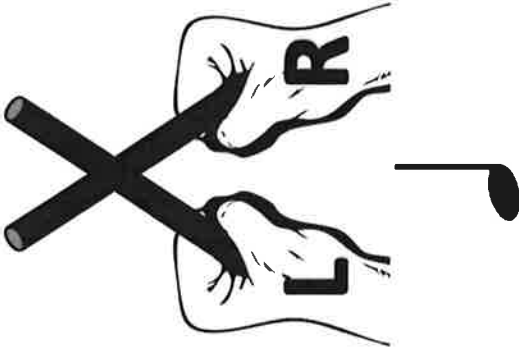
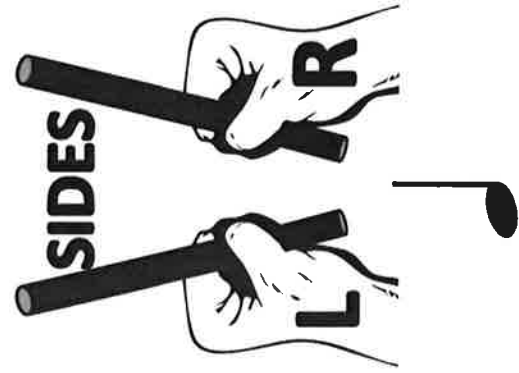
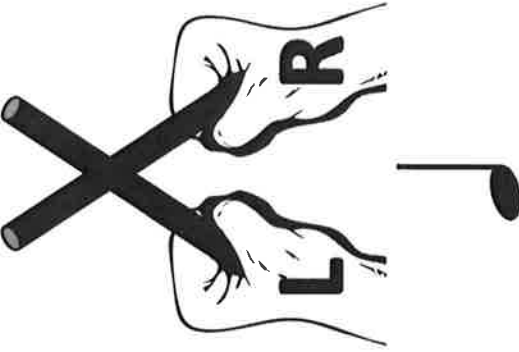
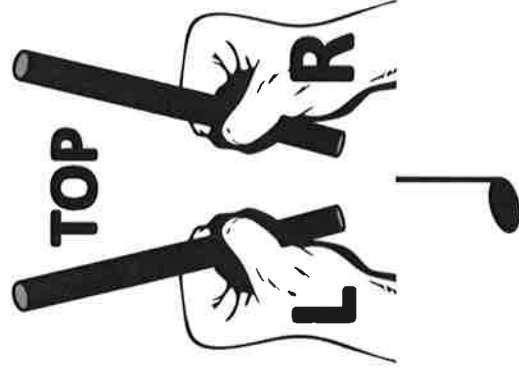
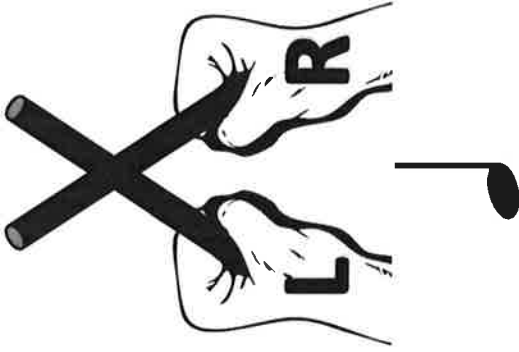
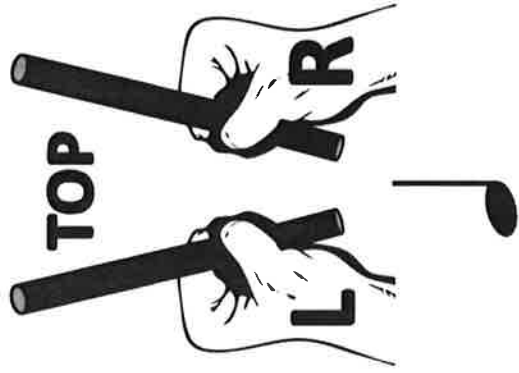
# RHYTHM SHEETS - LEVEL 7:

## FEET STATIONARY



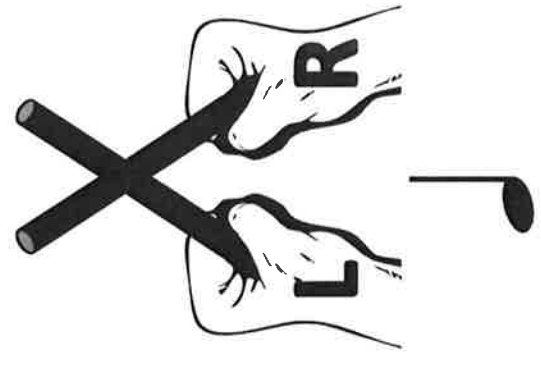
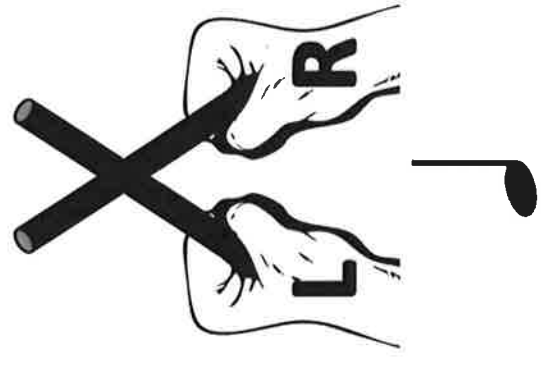
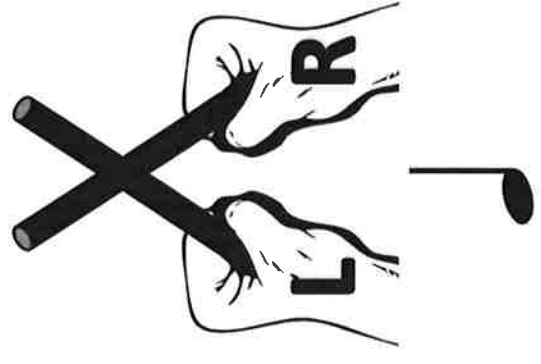
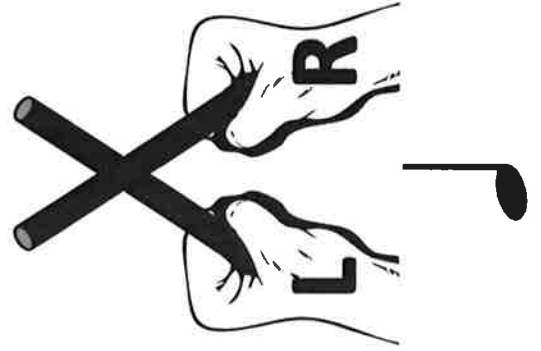
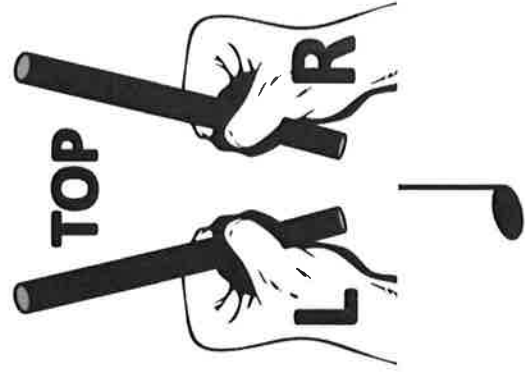
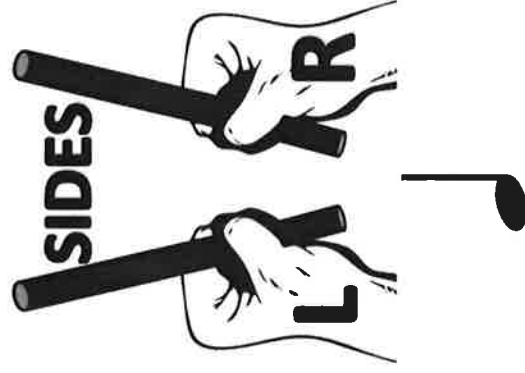
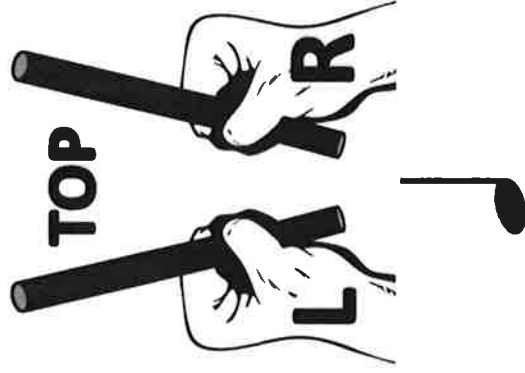
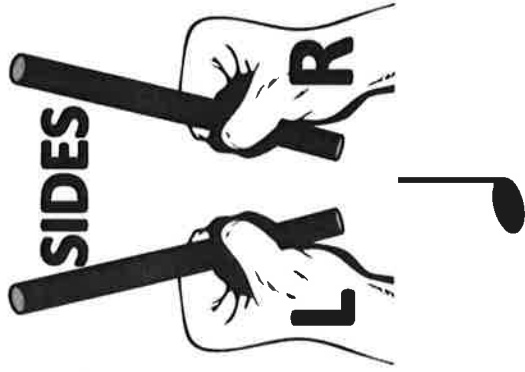
# RHYTHM SHEETS - LEVEL 8:

## FEET JUMPING WITH THE BEAT

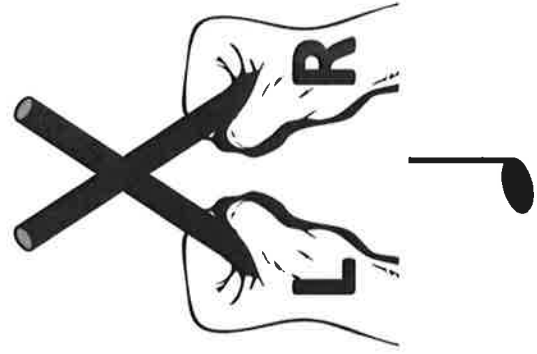
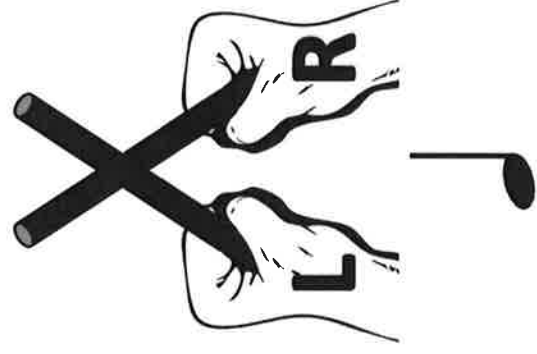
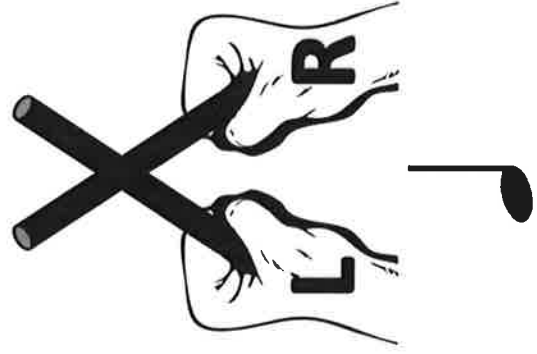
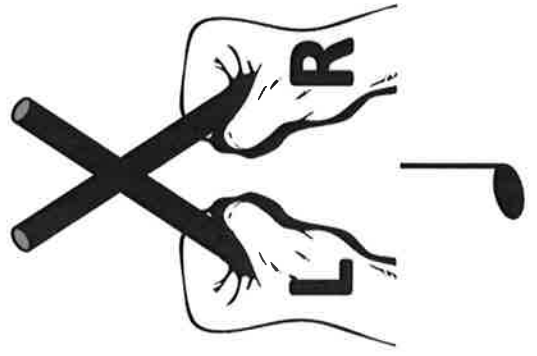
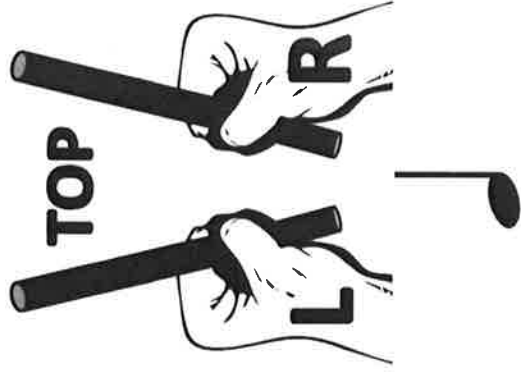
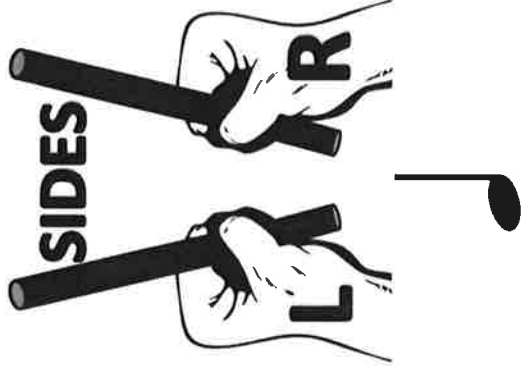
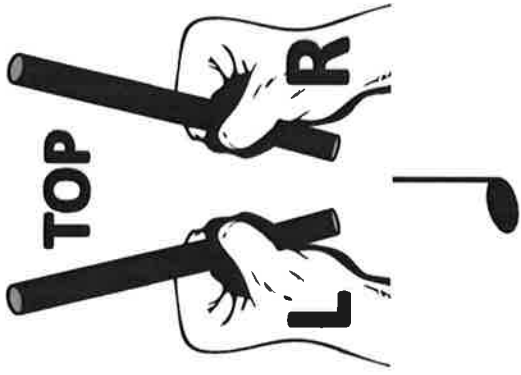
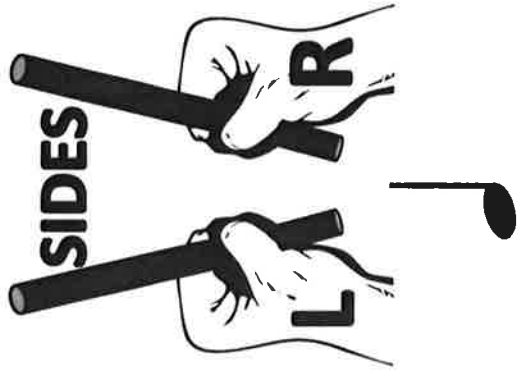


# RHYTHM SHEETS - LEVEL 9:

## FEET STATIONARY

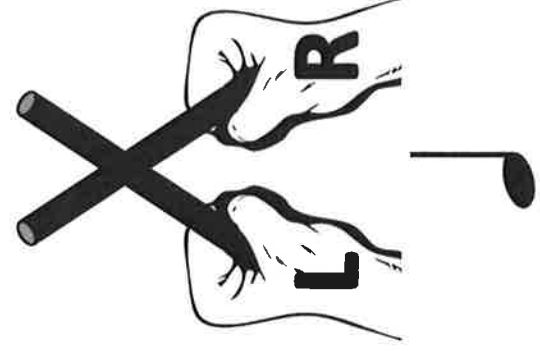
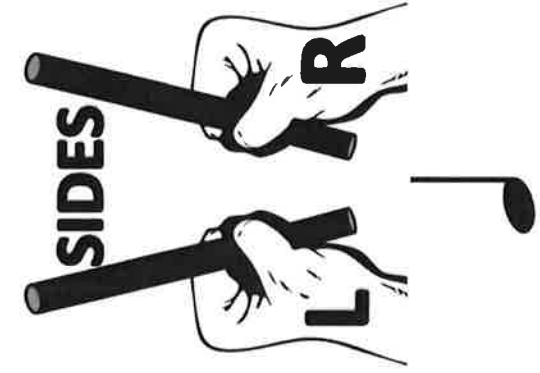
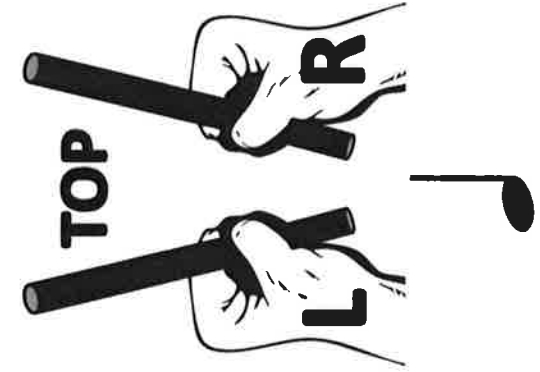
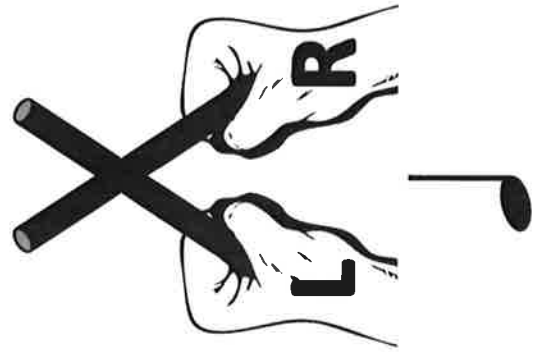
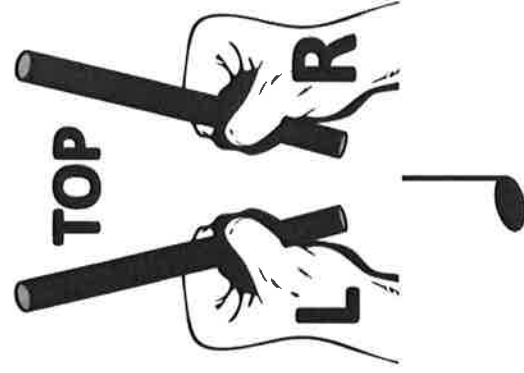
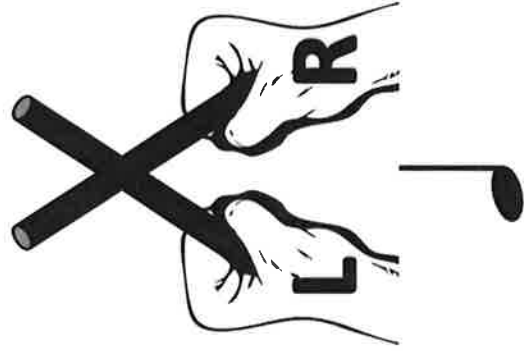
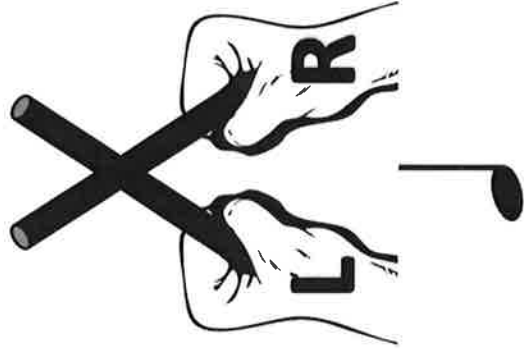
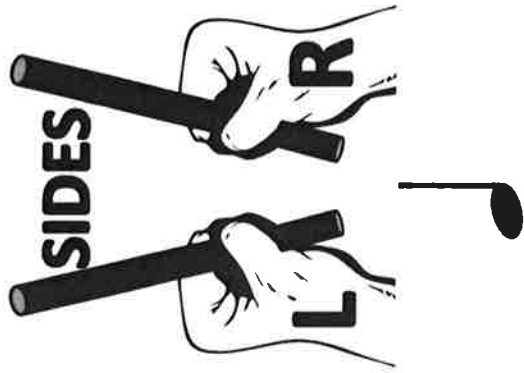


# RHYTHM SHEETS - LEVEL 10: FEET JUMPING WITH THE BEAT

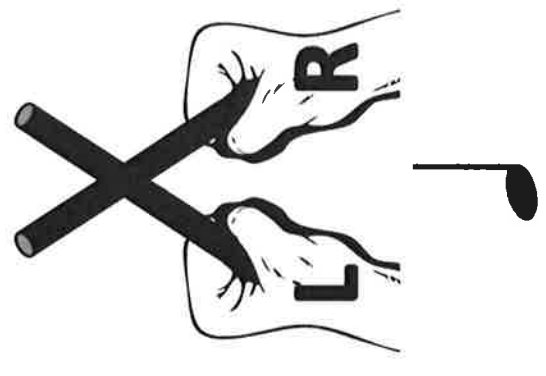
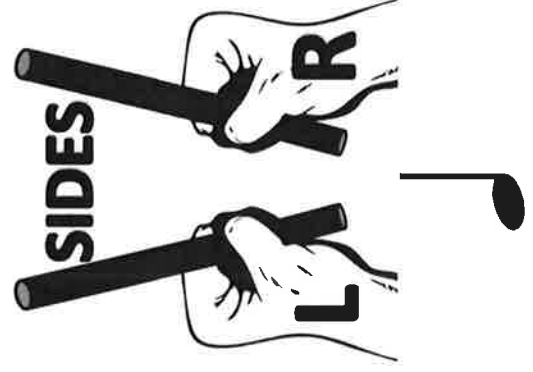
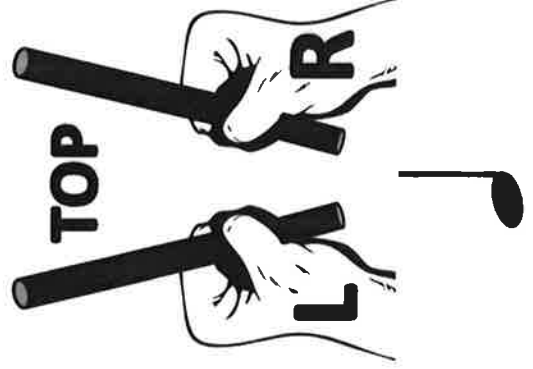
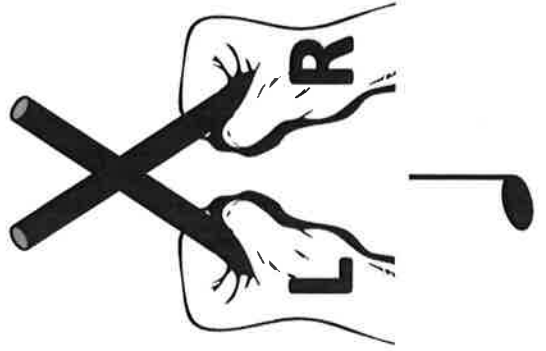
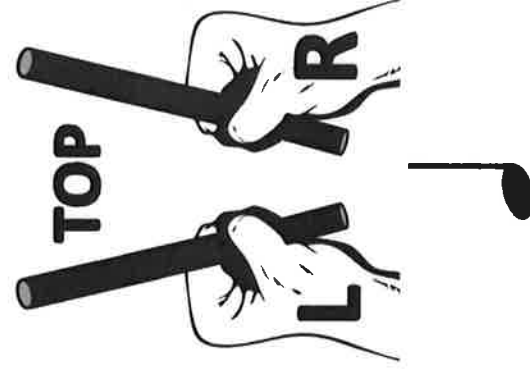
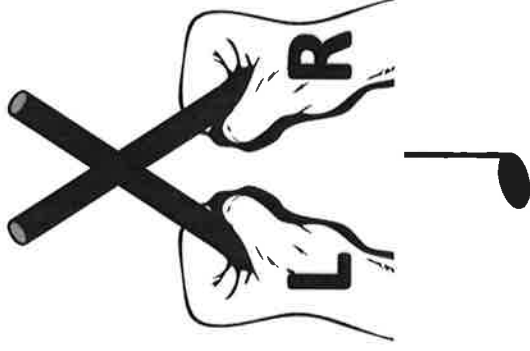
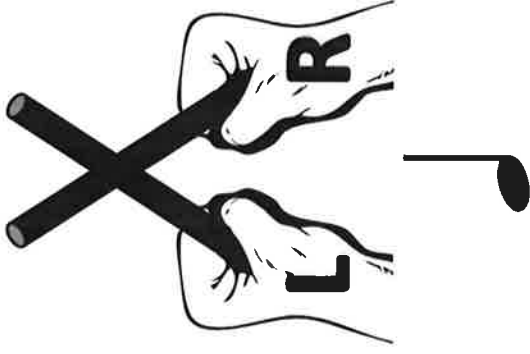
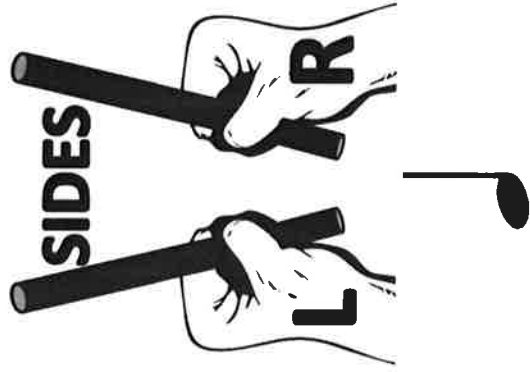


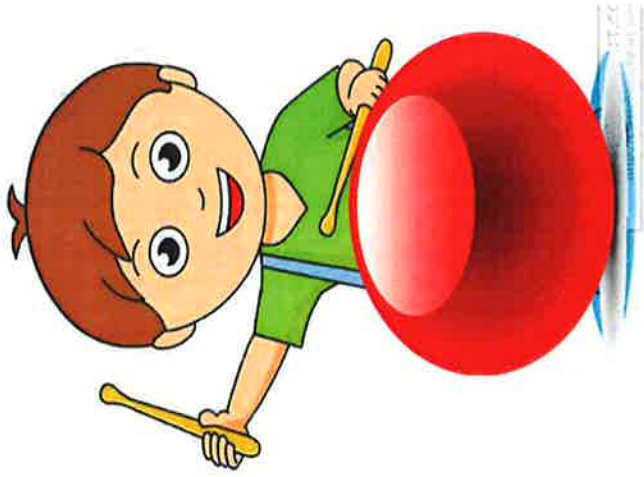
# RHYTHM SHEETS - LEVEL 11:

## FEET STATIONARY



# RHYTHM SHEETS - LEVEL 12: FEET JUMPING TO THE BEAT





# CARDIO DRUMMING

# RHYTHM SHEETS (Set #2)



Created By: Ross Chakrian

@MR\_C\_PE



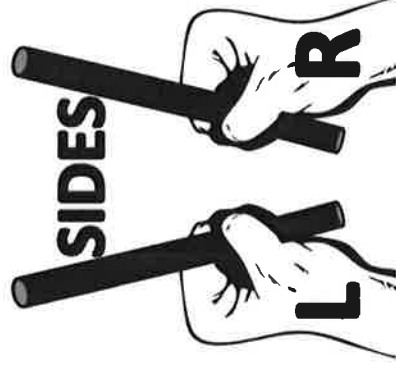
These cardio drumming rhythm sheets were inspired by Dave Senecal's (@pepalooza on Twitter) Beat Sheets. Visit Dave's Teachers Pay Teachers store (<https://www.teacherspayteachers.com/Store/Pepalooza>) for more great resources!

Print these "Rhythm Sheets" out to use with your students after they have mastered Levels 1 – 12 using "Cardio Drumming Rhythm Sheets – Set 1" cards. You can have them work independently with their own cardio drumming set up or share it with a partner by standing on opposite sides. Allow your students to work through the different cardio drumming "Rhythm Sheet" challenge cards, beginning at Level 13. The patterns get more difficult as they move through the different levels. As they improve, present them with different challenges such as performing the pattern at a faster tempo, combining different 8 count patterns from different "Rhythm Sheet" cards or allow them to create their own rhythms!

# SYMBOL LEGEND



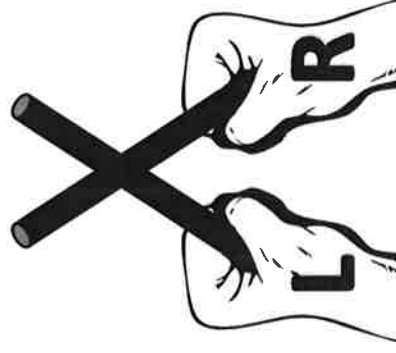
Hit top of the  
= ball with your  
LEFT stick only.



Hit the sides of  
the ball with  
both sticks at  
same time.



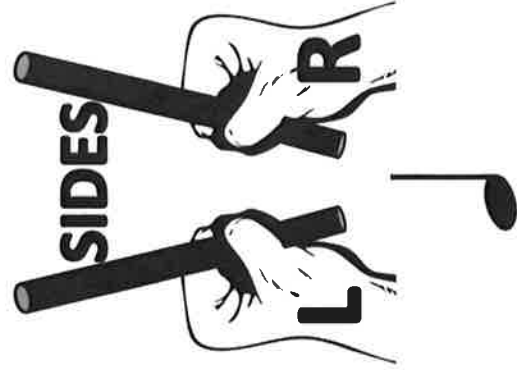
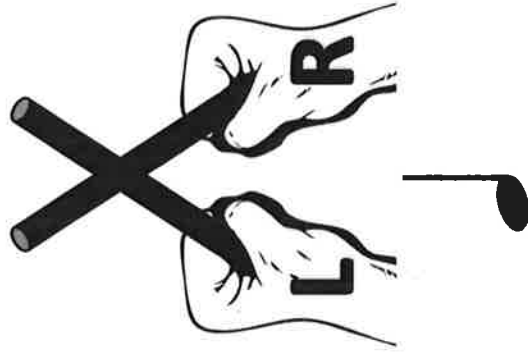
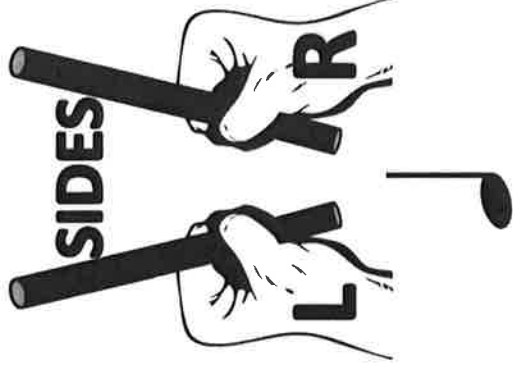
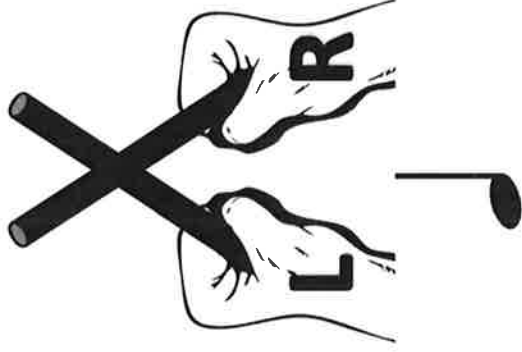
Hit top of the  
= ball with your  
RIGHT stick only.



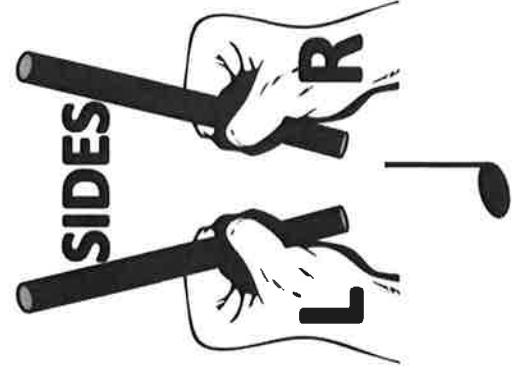
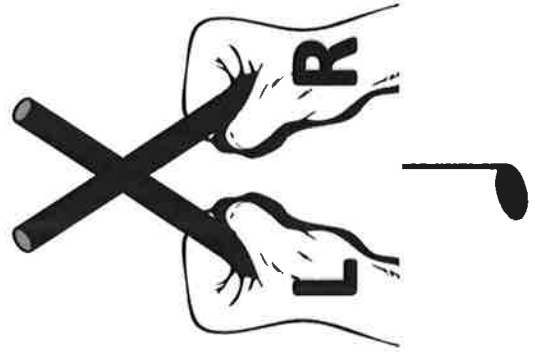
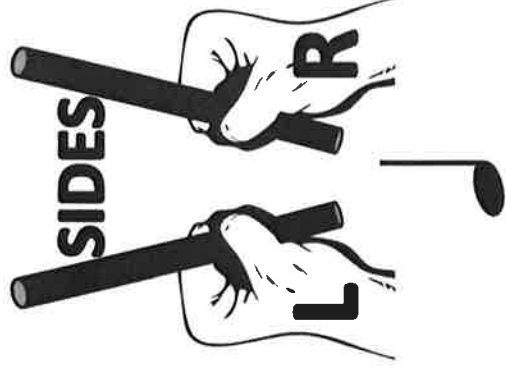
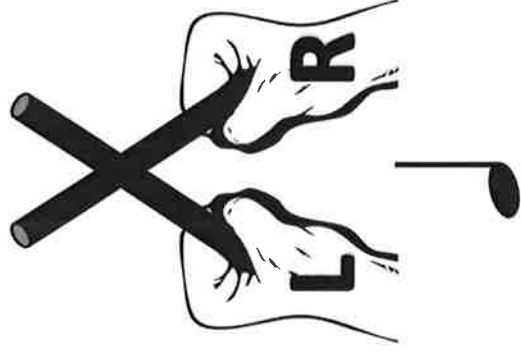
Clack both sticks  
= together.

# RHYTHM SHEETS - LEVEL 13:

## FEET STATIONARY

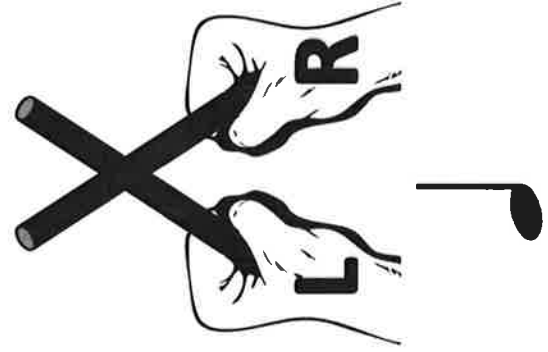
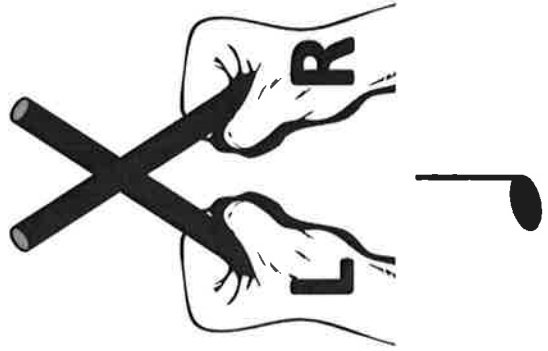
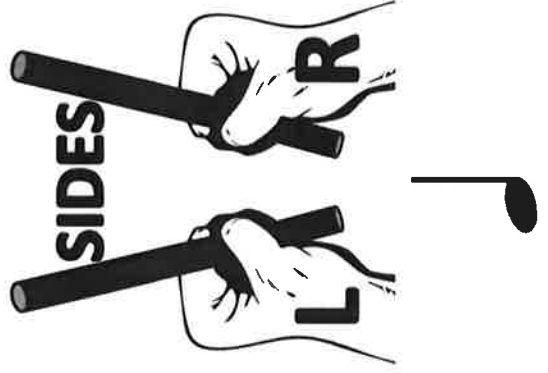


# RHYTHM SHEETS - LEVEL 14: FEET JUMPING WITH THE BEAT

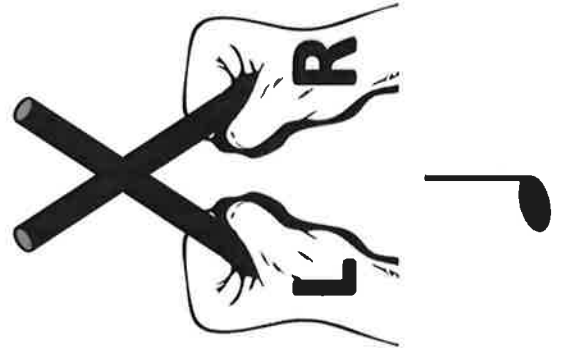
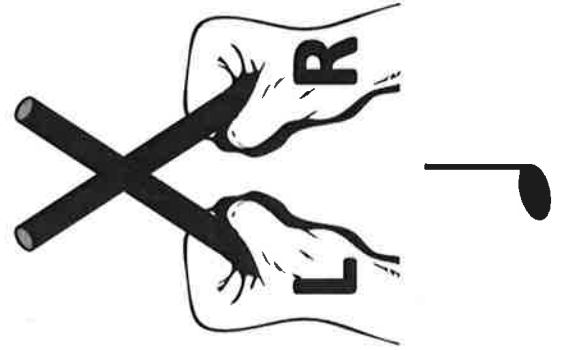
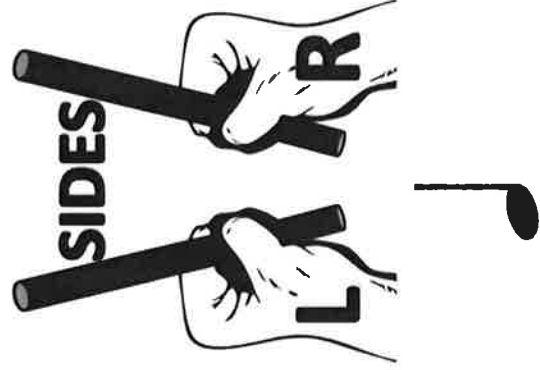


# RHYTHM SHEETS - LEVEL 15:

## FEET STATIONARY

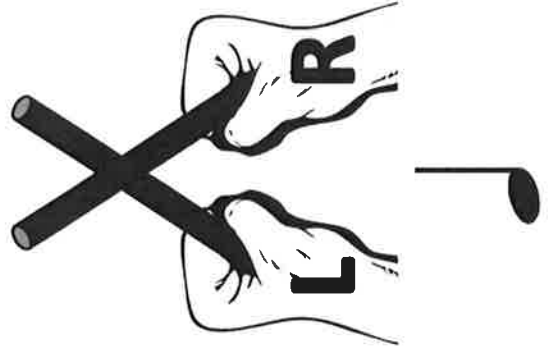
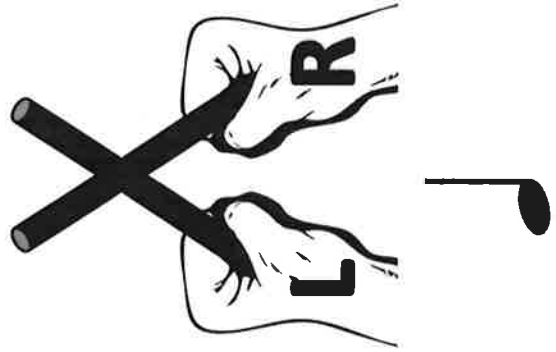
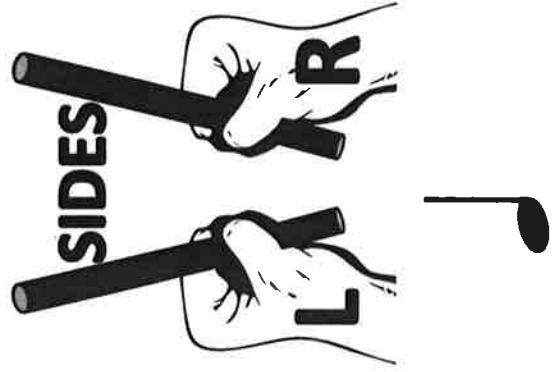
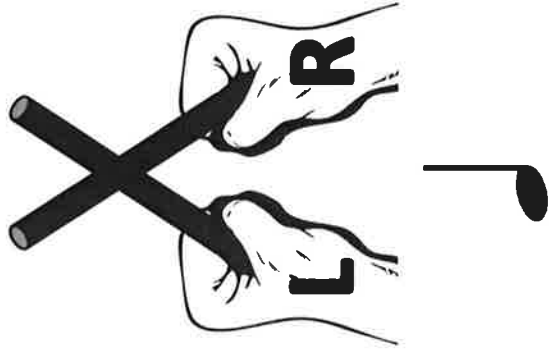


# RHYTHM SHEETS - LEVEL 16: FEET JUMPING TO THE BEAT

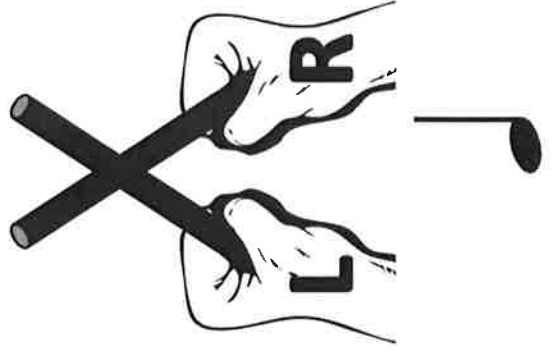
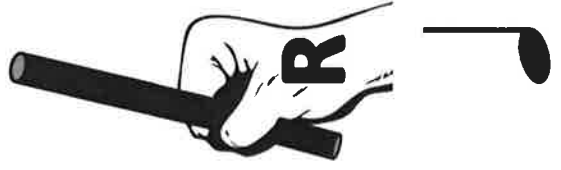
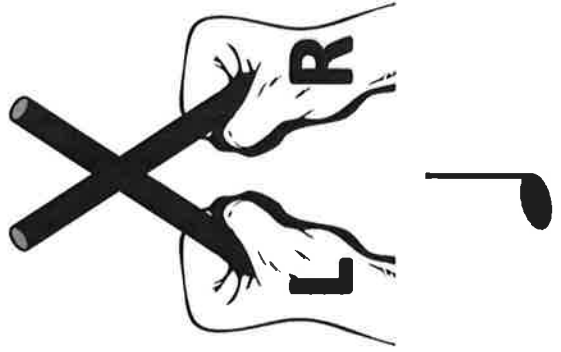
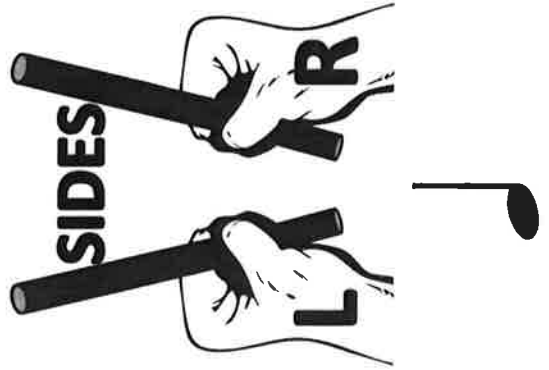
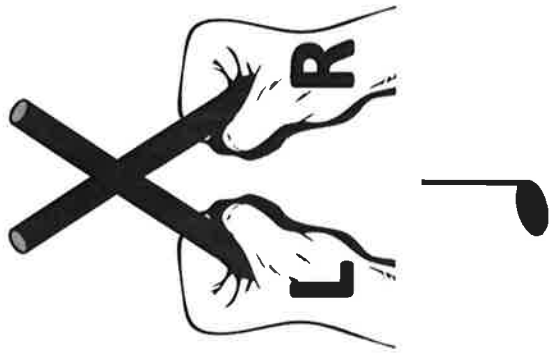


# RHYTHM SHEETS - LEVEL 17:

## FEET STATIONARY



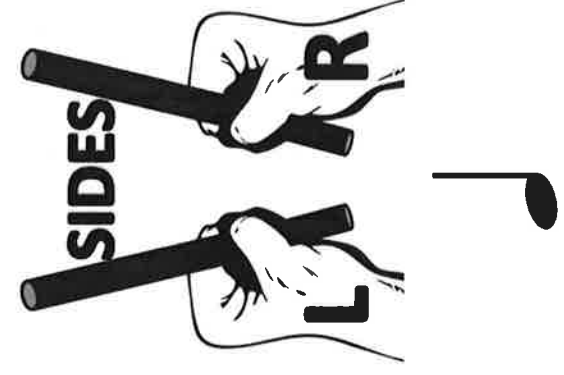
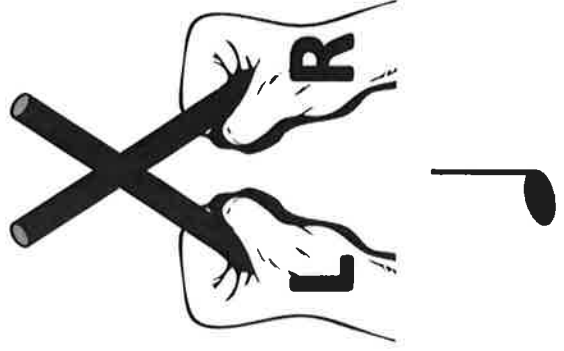
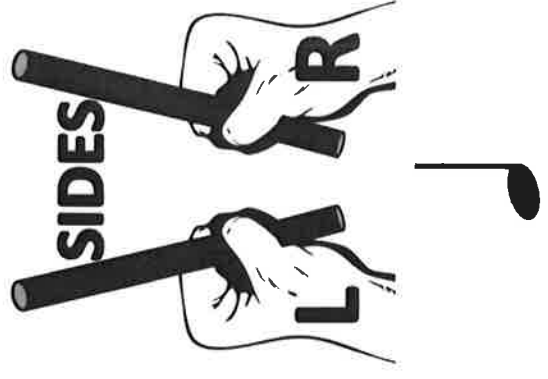
# RHYTHM SHEETS - LEVEL 18: FEET JUMPING TO THE BEAT



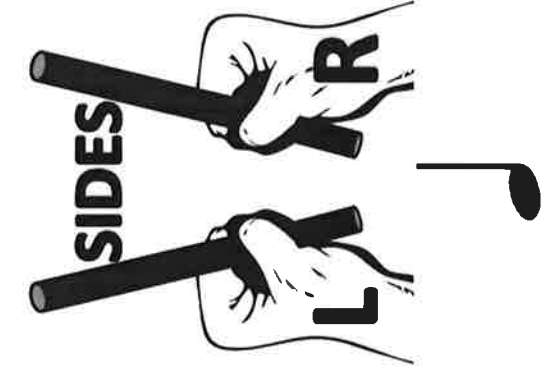
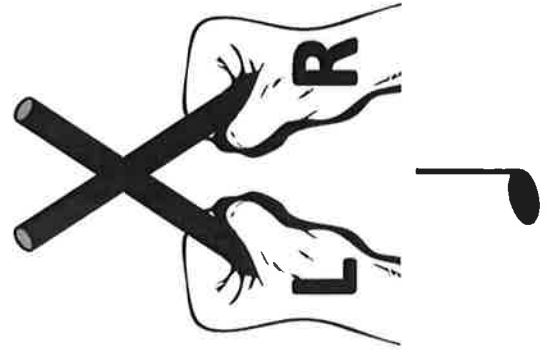
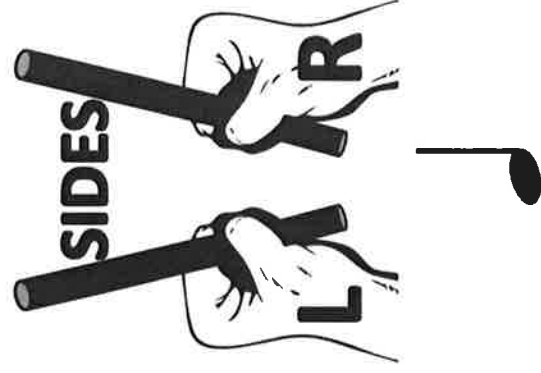
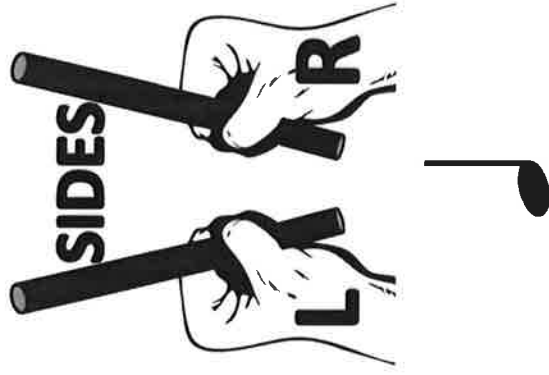


# RHYTHM SHEETS - LEVEL 19:

## FEET STATIONARY

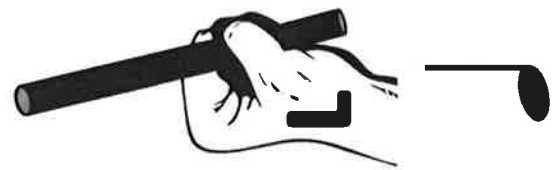
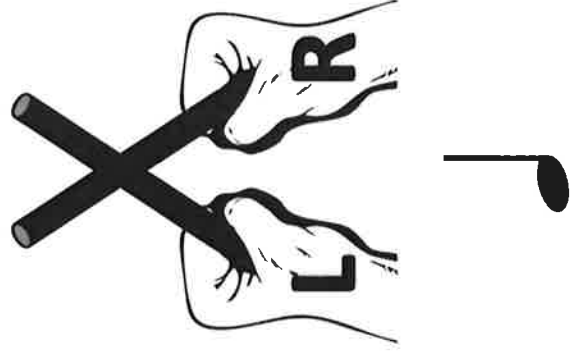
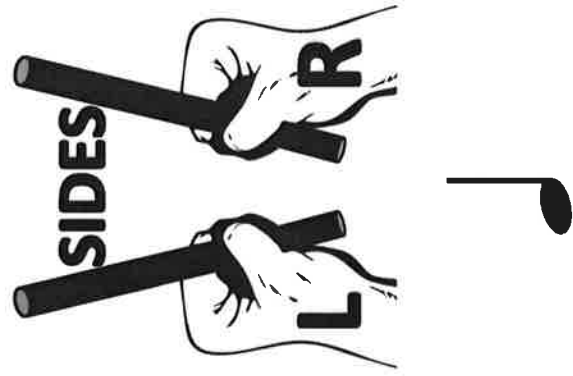
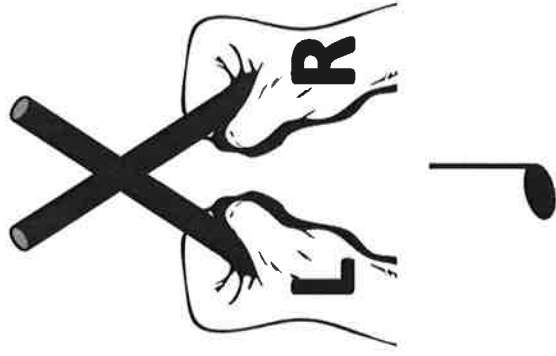
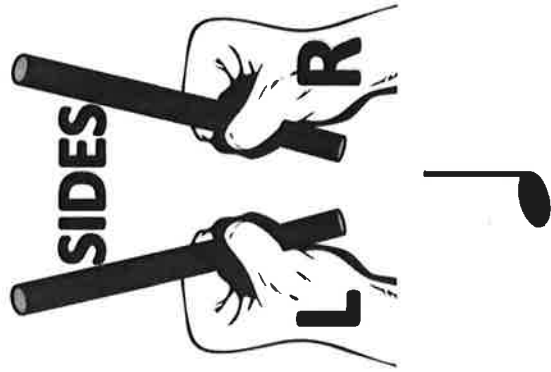


# RHYTHM SHEETS - LEVEL 20: FEET JUMPING TO THE BEAT

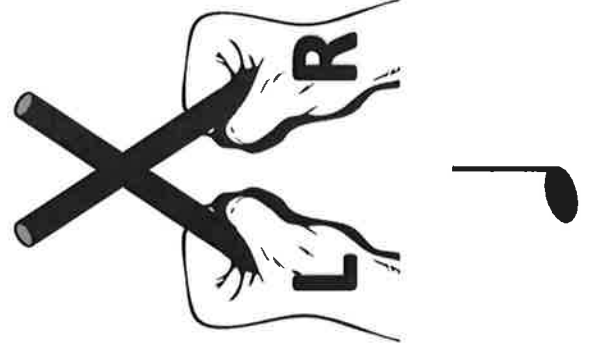
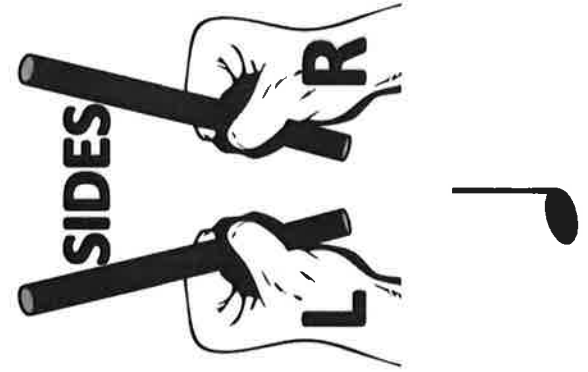
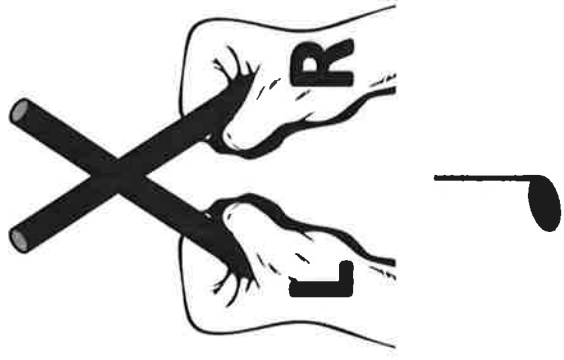
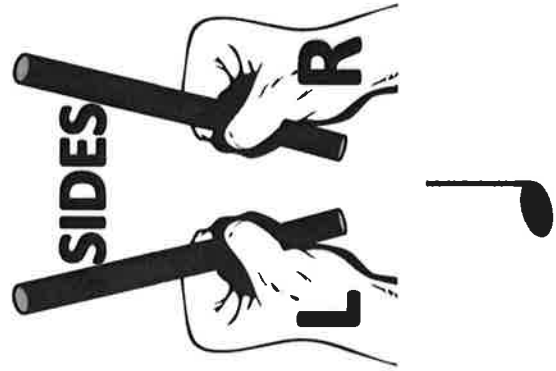


# RHYTHM SHEETS - LEVEL 21:

## FEET STATIONARY

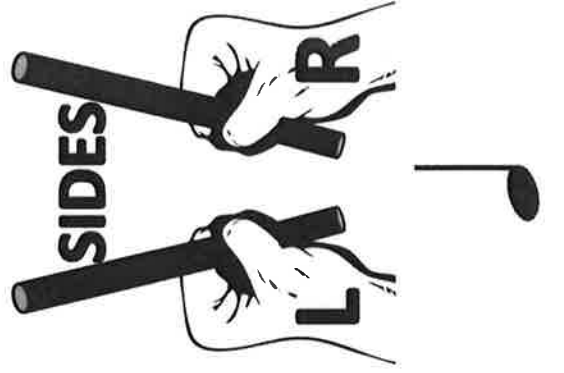
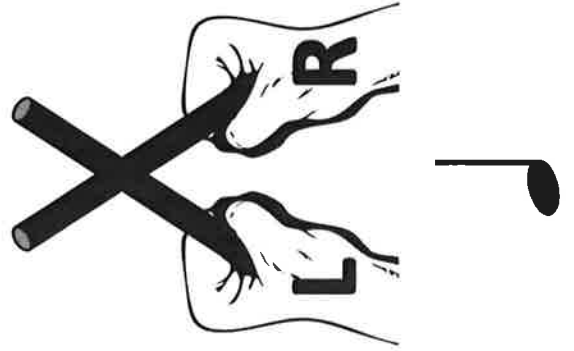
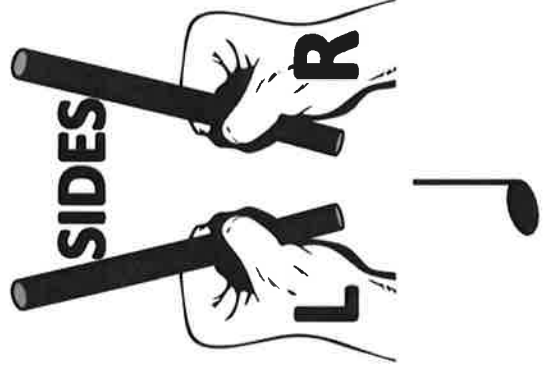
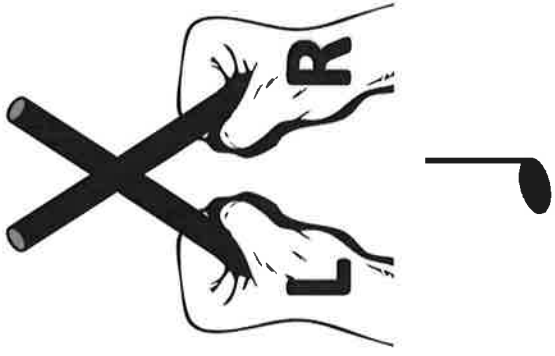


# RHYTHM SHEETS - LEVEL 22: FEET JUMPING TO THE BEAT



# RHYTHM SHEETS - LEVEL 23:

## FEET STATIONARY



# RHYTHM SHEETS - LEVEL 24: FEET JUMPING TO THE BEAT

