

Cardio Fitness Drumming

2021 Germantown Municipal School District PD

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Objectives that could be used:

COMPONENT 1: MOTOR SKILLS (MS)

SUBCOMPONENT: DANCE/RHYTHMIC ACTIVITIES

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
MS.5 Dance	MS.5.0 Demonstrates beat awareness by moving to varying rhythms.	MS.5.1 Combines beat awareness with locomotor and nonlocomotor movements.	MS.5.2 Performs a simple, creative dance using locomotor, nonlocomotor, and movement concepts.	MS.5.3 Performs a simple teacher- and/or student-designed rhythmic activity.	MS.5.4 Performs a cultural dance on beat with correct pattern.	MS.5.5 Creates and performs dances on beat with correct pattern.

COMPONENT 3: FITNESS & PHYSICAL ACTIVITY (FPA)

SUBCOMPONENT: Fitness Knowledge

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
FPA.1 Health-related Fitness	FPA.1.0 Recognizes that movement increases heart rate and breathing.	FPA.1.1 Identifies the heart as a muscle that grows stronger with play and physical activity.	FPA.1.2 Identifies and participates in physical activities that increase heart rate.	FPA.1.3 Describes the physiological indicators that accompany moderate to vigorous physical activity.	FPA.1.4 Identifies the components of health-related fitness.	FPA.1.5 Identifies and participates in activities specific to each component of health-related fitness.

Objectives that could be used:

COMPONENT 5: VALUES PHYSICAL ACTIVITY (VPA)

SUBCOMPONENT: APPRECIATION

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
VPA.1 Appreciation	VPA.1.0 Recognizes and participates in physical activity for enjoyment.	VPA.1.1 Describes positive feelings that result from participation in physical activity.	VPA.1.2 Recognizes and participates in physical activity for enjoyment, self- expression, and/or social interaction.	VPA.1.3 Reflects on reasons for participation in specific physical activities outside of physical education class.	VPA.1.4 Ranks different physical activities based on personal preference.	VPA.1.5 Evaluates other opportunities for physical activity based on personal preferences.

Additional standards that can be used:

COMPONENT 2: MOVEMENT KNOWLEDGE & APPLICATION

SUBCOMPONENT: MOVEMENT CONCEPTS (a: verbal or written; b & c: performance)

MKA.1 Space Awareness (locations)

MKA.2 Space Awareness (pathways, levels, directions)

MKA.3 Effort: Speed and force

Learning Targets for this PD

- I can participate safely.
- I can care for equipment.
- I can perform all basic drum and locomotor moves on cue.
- I can perform 4-count and 8 count beats on cue.
- I can follow teacher led cues and move to the beats.
- I can work with others.
- I can create a 4 or 8 count pattern.
- I can have fun!

Shawley, Jessica, *Fitness Drumming Lesson Planning Tips in PE*; Gopher Sport PE Blog

Why Teach Dance?

Cardio Fitness Drumming

- ▶ Great way to get student's heart rate up while having fun
- ▶ Improves coordination with beats and rhythm development
- ▶ Improves hand eye coordination
- ▶ Body and Brain Fitness (works left and right brain)
- ▶ Social, Emotional, Cognitive, and Physical domains
- ▶ Works on Fine and Gross Motor Skills
- ▶ Coordination, Balance, and Endurance
- ▶ Develops a sense of rhythm
- ▶ Full body workout
- ▶ Motivational, engaging, and students enjoy it

Why Teach Dance?

Cardio Fitness Drumming

- ▶ Different option from traditional dance or exercise
- ▶ Addresses State and National Standards
- ▶ Integrates other subjects
- ▶ Memory/Concentration
- ▶ Includes all students
- ▶ This can be taught in a class of 20 to 80+
- ▶ You can teach this in all grade levels
- ▶ Family Fun Night
- ▶ Staff Involvement

How Do I Get Started? What will you need?

Ball-stability balls

What if I do not have this?

Use the floor, mats, buckets

Sticks

rhythm sticks/lummi sticks, drumsticks, small dowel rods, PVC pipe, foam noodles, wood sticks

Stand

How do I keep the ball in place?

5-gallon buckets, milk crates, foam noodles (circle shape), laundry baskets, oil pans

(from
dollar store)

Teacher set-up

Use cue cards in front of me, written on the board, or on the projector

What else could I use?

Use chairs or desks instead of balls, Use only buckets (turned upside down); Tie scarves onto the sticks; Four students can use 1 ball

Lesson Planning Tips - Safety and Behavior

What are some things
you think should
be addressed?

Lesson Planning Tips - Safety and Behavior

The most important thing to cover before beginning these lessons.

- ▶ Develop STOP and FREEZE cues:
 - Music
 - Say Freeze
 - Cute phrase-teaching signal
- ▶ Ball needs to stay in the bucket-no picking the ball up
- ▶ No pushing the ball down in the bucket
- ▶ Make sure the plug of the ball is down in the bucket
- ▶ Arms length apart
- ▶ How do they hold the sticks? Tapping the sticks? Tapping equipment?
 - Tapping the ball/bucket/floor/partner taps/sticks: Soft/medium taps (Demonstrate the difference and have them practice)

Shawley, Jessica, *Fitness Drumming Lesson Planning Tips in PE*; Gopher Sport PE Blog

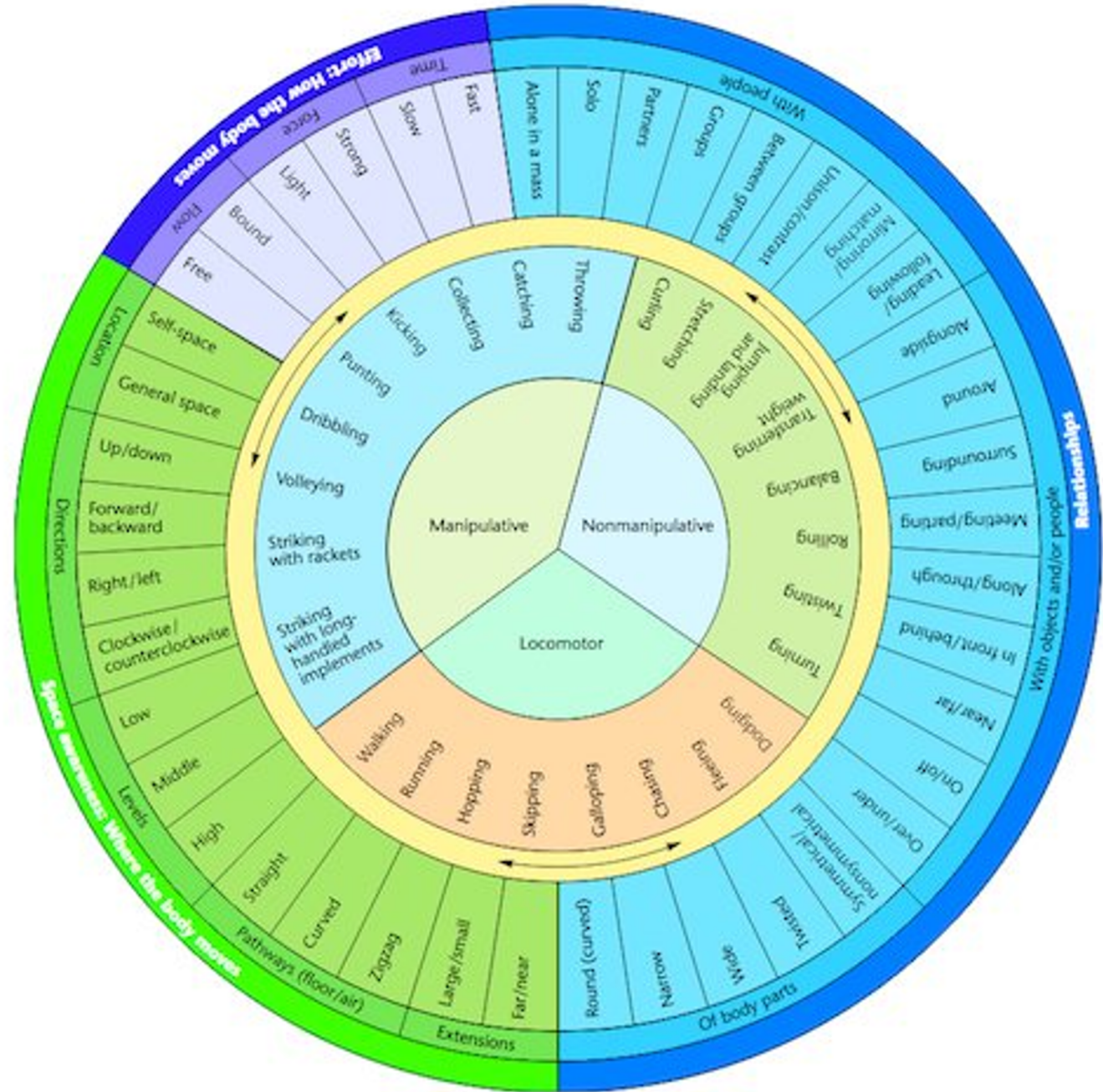
Lesson Planning Tips - Clean Up

- ▶ Putting equipment away: Place sticks beside bucket or in the bucket; collect the sticks; emphasize that there should be no touching equipment until told to do so.
- ▶ End of the day clean-up: One student from each row collect the sticks, one person from each row will stack the buckets while students hold the ball, all students walk and put ball away.
- ▶ Some of you may be lucky and can keep the equipment out until you complete the unit.

Lesson Tips

- ❑ Teach basic steps first - THINK GRAHAM'S WHEEL!
- ❑ Locomotor movements with tapping
Walking, skipping, hopping, jumping, sliding, side shuffle, quick feet,.....
- ❑ Nonmanipulative movements can be added
Bending, Twisting, Stretching, balancing,
- ❑ Spatial Awareness
Where the body moves; Location: Self or general space; Directions (switch directions); Levels; Pathways; Effort; How to move?; Time: slow, fast
- ❑ Fitness
squats, high knees, lunges, dancing, jumping jacks,
- ❑ Fun, Meaningful, Relatable
Drum roll, free style dance, grapevine.....

Graham's Wheel



What are we learning today?:

- ▶ Basic Moves/Different Tapping Skills
- ▶ Pattern Stations
- ▶ Mini Routines
- ▶ Jigsaw Method
- ▶ CFD Dances
 - “Be Kind”
 - “Space Jam”
 - “Heroes”
 - “Bounce”
- ▶ CFD Assessments
- ▶ Ending Dance
 - “I Like to Move It”

Basic Moves/Different Tapping Skills

Teach these basic moves using a 4 or 8 count

Have music playing in the background.

- Singles - Teach right hand only then left hand; then alternating
- Doubles - Both hands tap top of the ball at the same time
- Side Taps (double and single) - Tap the side of the ball at the same time; then teach alternating
- Bucket Taps - Tap the side of the bucket/stand at the same time; then alternating
- Floor Taps - Tap the floor to the side of the bucket or self at the same time; alternating taps
- Drum it out - Drum as fast as you can (soft taps, medium taps)
- Freestyle - Show me what you can do (You could start out with this.)

Basic Moves/Different Tapping Skills

Teach these basic moves using a 4 or 8 count

- Front Stick Taps/Cross Tap - Tap sticks together in front of you
- Overhead Taps - Tap sticks together above your head
- Side Taps - Tap sticks together at your side (left then right)
- Rainbow Taps - Begin on one side of your body and tap the sticks together using an 8 count making a rainbow shape (8 counts left to right; 8 counts right to left)
- Other important cues:
 - ◆ Home - move back to your ball or move back to starting position; stand behind the ball
 - ◆ Left - step to the left of the ball
 - ◆ Right - step to the right of the ball
 - ◆ Front - move to the front of the ball; back to ball

Advanced Skills

- ★ Circle Pattern/Around the World – Walk or hop around ball, use single or double taps.
- ★ Windshield Wipers – Hold in squat or 1/4-squat position and then do side crunches from side to side of ball while tapping both sticks on each side of the ball like wipers.
- ★ Squat & Tap – Squat and use tap of choice as you squat. Or squat hold while tapping.
- ★ Jumping Jacks – “Click Jacks” are jumping jacks with stick click above head.
- ★ Click Squats & Lunges – Squat or lunge with clicks in front, overhead, or to the side.
- ★ Crossovers – Click right over left, then left over right, on top of ball.
- ★ Grapevine – Grapevine left with a jump and hit on neighbor’s ball on beat 4. Then back 4 counts to home ball. Then repeat to the right.

Ball Formations

- ❖ Rows/Lines
- ❖ Small circles
- ❖ Large circle
- ❖ An inner and outer circle
- ❖ Square
- ❖ Small square groups

Patterns

1. Let's practice different patterns.
2. Break off into groups and practice.
3. Each group will teach their routine.

Song - Better When I'm Dancing (Meghan Trainor)

Sample Routines

Routine 1

- 8 Doubles - Home (behind ball)
- Grapevine Right and tap sticks 4 counts in front of body
- Grapevine Home (tapping 4 counts)
- 8 Doubles
- Grapevine Left and tap sticks 4 counts in front of body
- Grapevine Home (tapping 4 counts)
- Repeat 3 more times

Sample Routines

Routine 2

- 8 single taps - right hand
- 8 single taps - left hand
- 8 Doubles - home (behind ball)
- 8 Jumping Jacks
- Double tap top, side, floor, side (2 times)
- 8 Doubles
- 8 Jumping Jacks
- Repeat 3 more times

Sample Routines

Routine 3

- 8 singles top of ball right hand
- Hop on your right foot around the ball to the right double tapping the ball - 8 counts
- 8 singles top of ball left hand
- Hop on your left foot around the ball to the left double tapping the ball - 8 counts
- Repeat 3 more times

Sample Routines

Routine 4

- 8 Doubles top of ball - home (behind ball)
- Side step right - tap front, back, front, back - 4 counts
- Side step back to home - tap front, back, front, back - 4 counts
- 8 Doubles on right side of ball
- Side step left - tap front, back, front, back - 4 counts
- Side step back to home - tap front, back, front, back - 4 counts
- 8 Doubles on left side of ball
- Repeat 3 more times

Create your own pattern

1. In groups, you have 10 to 15 minutes to create your own pattern.
2. Must be 4 - 8 counts.
3. Teach to the entire group.
4. Let's put it all together! (Jigsaw method)
*between each pattern we will tap above our heads for an 8 count

Song - [Mean](#) (Taylor Swift)

Time to Learn

- Be Kind
- Space Jam
- Heroes
- Bounce
- I Like to Move It
- Walking Song

Be Kind (line formation)

A First 2 - 8 cts
Cross tap above head
Double tap top of ball
Repeat

B 4 - 8 cts
Single right top, single
left top
Single right side, pause
Single left top, single
right top
Single left side, pause

C 2 - 8 cts
Side double tap ball
(2x)
Side double tap bucket
(2x)
(squat)

2 - 8 cts
Side double tap ball

D 4 - 8 cts
Jump feet together and
double
tap ball (2 ct)
Jump feet out double
tap
bucket - squat (2 ct)

Repeat B, C, D, B, D, freestyle 3 - 8cts

Space Jam (line formation)

- 1st 4 - 8 cts stand behind the ball waiting or freestyle
 - 2 - 8 counts Hold sticks in front of you (arms at 90 degree angle)
Lean forward, right, back, left, forward, right, back left
Repeat the opposite way
 - 2 - 8 cts Double tap 2x; Larger double tap then pause; Repeat
 - 2 - 8 cts Alternating single taps walking around the ball
 - 4 - 8 cts grapevine right (cross tap on each 4 or 8 ct), grapevine back to ball
grapevine left, back to ball; repeat
 - 4 - 8; 4 cts right heel toe double tap on right side of ball (repeat)
4 cts left heel toe double tap on left side of ball (repeat)
Repeat 3 more 8 cts
 - 2 - 8 cts alternating singles, double tap, jump and cross tap above head; repeat
 - 4 - 8 cts rainbow to right (tapping on each ct; on 8 ct tap floor; repeat the other way
 - 2 - 8 cts Wave your hands in the air
 - 2 - 8 cts Shrug shoulders back and forth tapping the ball (or you do not have to tap)
 - 4 - 8 cts side step to right arms up (fist at shoulders, arms parallel), step together double
tap ball step together; step to left arms parallel, step together tap ball, repeat
- Begin at rainbow and go through final 4 counts
- Begin at shrug and complete the final 2 counts

Bounce (circle formation)

	4 – 8 counts	Get ready – your choice – cross tap in front of body, cross tap above head, add a bounce, add a side step, other options
A	2 – 8 counts	Tap top of ball with both sticks
B	2 – 8 counts	Alternating taps on top of ball
C	2 – 8 counts	Tap top of ball and side of bucket (squatting down) with both sticks every other count
D	2 – 8 counts	Alternating taps on top of ball while jogging behind ball
E	“Everybody” 8 – 4 counts	Sequence: Count 1: Tap top of ball with both sticks Count 2: Tap top of ball you are behind with L stick, Tap top of ball to R with R stick, step out with right foot Count 3: Tap top of ball with both sticks Tap top of ball you are behind with R stick, Tap top of ball to L with L stick, step out with left foot Count 4: Tap top of ball with both sticks REPEAT 3x
F	“Bounce” 16 - 4 counts	Count 1 - 3: Tap ball you are behind 3 times on top Count 4 - Jump to R Repeat 3 times Reverse to left for 4 – 4 counts Reverse to R again Reverse back to L
	Repeat the following sequences	A, B, C, D, E, F, A, B, C, D (ending)

Heroes (line formation)

	Pick your favorite super hero pose for the end	
A	1 – 4 count (slow) 1 – 4 count (slow)	Arms half circle to R, tap ball on count 4 Arms half circle to L, tap ball on count 4
B	2 – 4 counts (slow) 2 – 4 counts (slow)	Tap with R stick top of ball Tap with L stick top of ball
C	4 – 4 counts 4 – 4 counts	Tap both sticks on ball Tap both sticks on ball, on 4 th count jump and cross tap above head
D	7 – 8 counts	Alternating taps/ hips swaying right to left Top of ball (counts 1, 7) Side of ball (counts 2, 6) Side of bucket (counts 3, 5) Floor (count 4) Go back up
E	“Me and You” “We could be”	Point to yourself and then everyone else Cross tap above head jumping up and down – Get excited
F	4 – 8 counts	Walk around, sticks down to side and cross tap in front of body or above head The last 8 count you will need to locate the ball you started with at the beginning of the lesson.
		B, C, D, E, F, F
G	8 – 4 counts	Start behind ball – side step to R –tap top of ball of 4 th count Step back to left towards your ball Repeat
	REPEAT THE FOLLOWING SEQUENCES	F
I	End with your favorite super hero pose	

“I Like to Move It” (line formation)

- ▶ Using 8 counts
- ▶ Teach in 2 parts
Don't forget to POSE at the end!!
- ▶ PART 1
Tap sticks in front
Tap sticks on ball
Tap sticks on bucket
Tap sticks on floor
Go back up: bucket, ball, front of body, above head with jump, ball, alternating taps
- ▶ GET READY FOR PART 2!
Teach movement around ball first
Moving to the right until you are behind your ball (where you started)
Moving to the left until you are behind your ball (where you started)
- ▶ START OVER!!!
- ▶ POSE!
- ▶ Now let's try it with 2 to 4 people on the ball!!

Helpful Resources

[Ben Perillo](#)-YouTube

[Mr. C.P. E.](#)-YouTube

[Becky Bocz](#)-twitter

[CFD Music](#)-google drive

[CFD folder](#)-google drive

Questions, Thoughts, Ideas

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