



# *DRUMS FIT*

*By: Beth Bolger*

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*Who am I?*



*Follow me at:*

**Teachers Pay Teachers**

**Coach Bolger's Power PE**



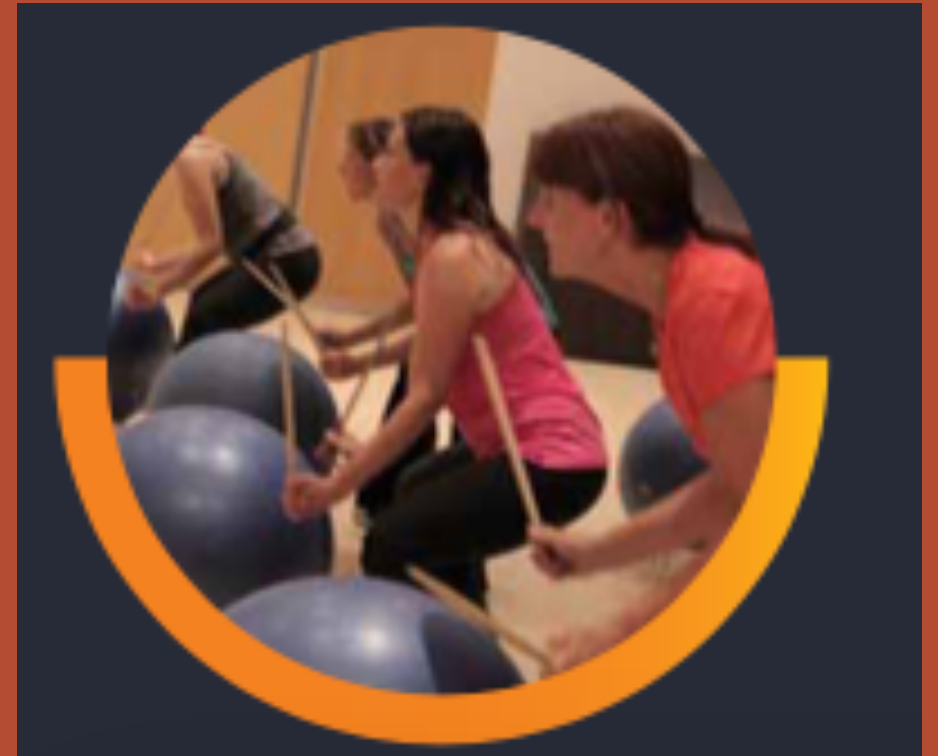
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***2017 Suffolk Zone  
Teacher of the Year***

## What is DrumFIT®?

DrumFIT® is fitness for your body and brain! A fitness class using drumsticks on fitness balls with upbeat music, drumming and body movements that creates a dynamic and effective mental and physical workout.



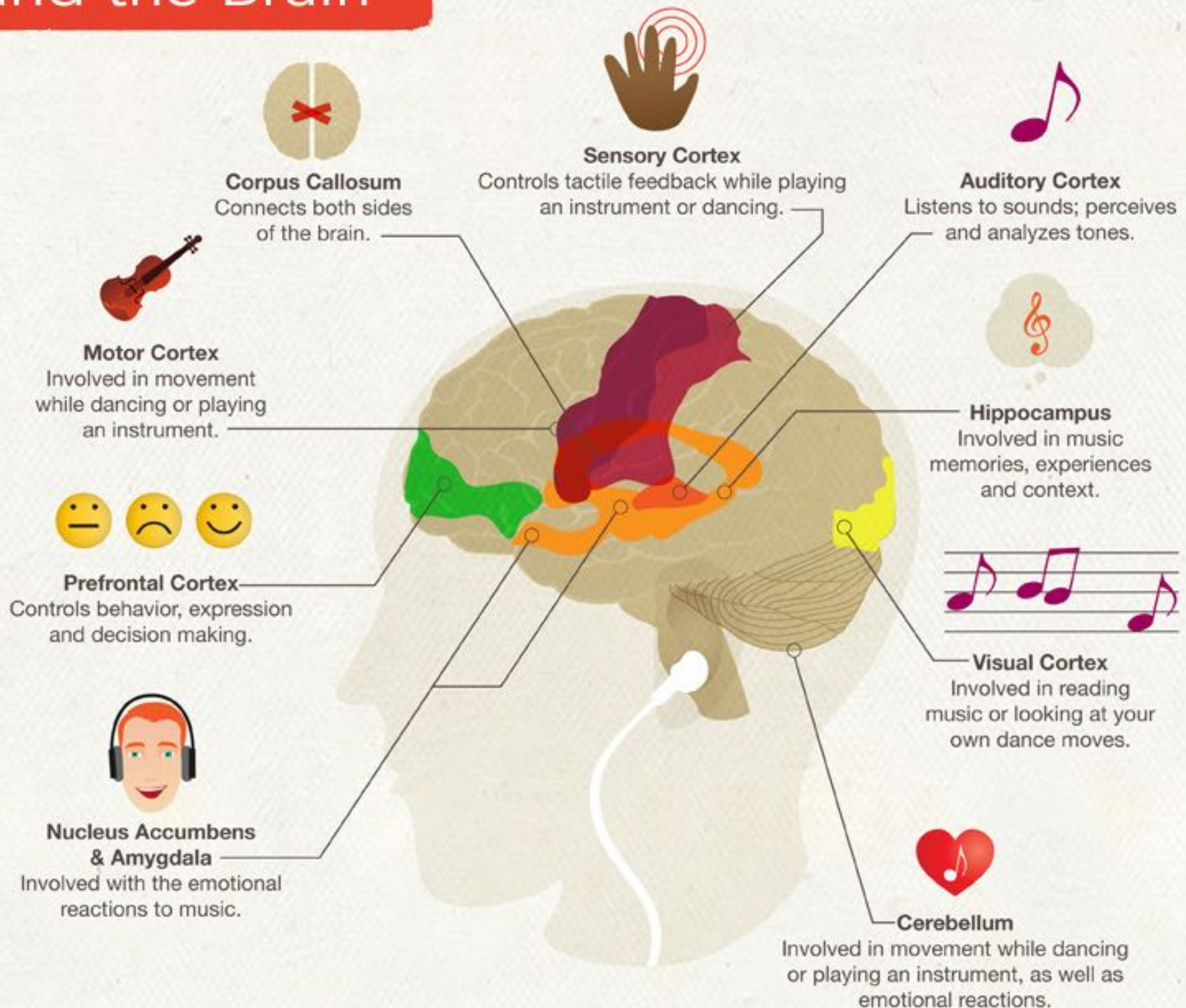


## Why DrumFIT®?

- **It's fun!** DrumFIT® is so fun you don't realize you're working out.
- **It's different!** The music, the sticks, the ball, the fun, the energy . . . there is nothing like a DrumFIT® class!
- **It's easy!** The DrumFIT® program is designed for everyone!
- **It's effective!** DrumFIT® is a cardio workout with elements of resistance and interval training. It works every part of your body and burns 300-500 calories per hour!



# Drumming and the Brain



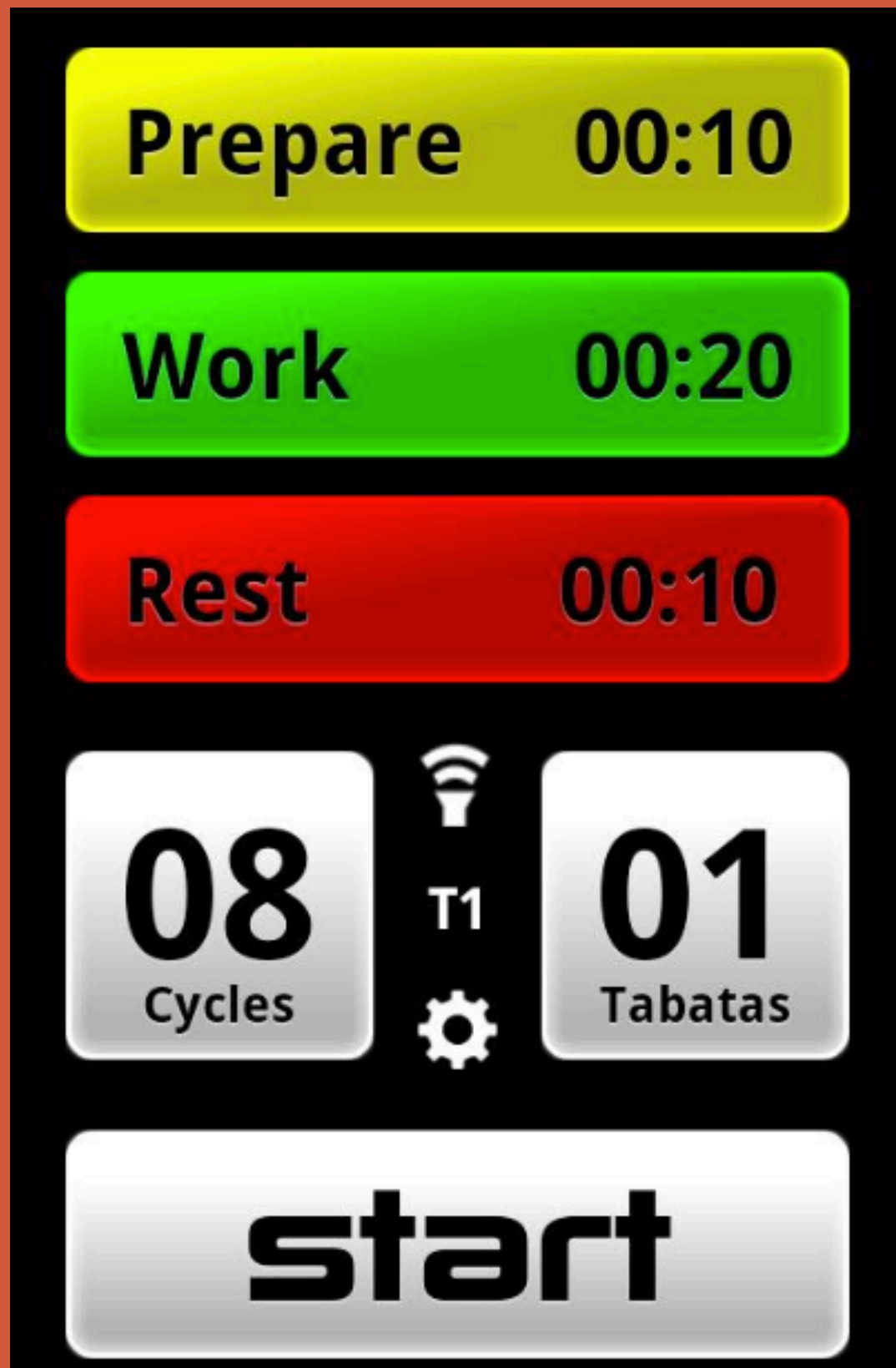


# T-REX Tag

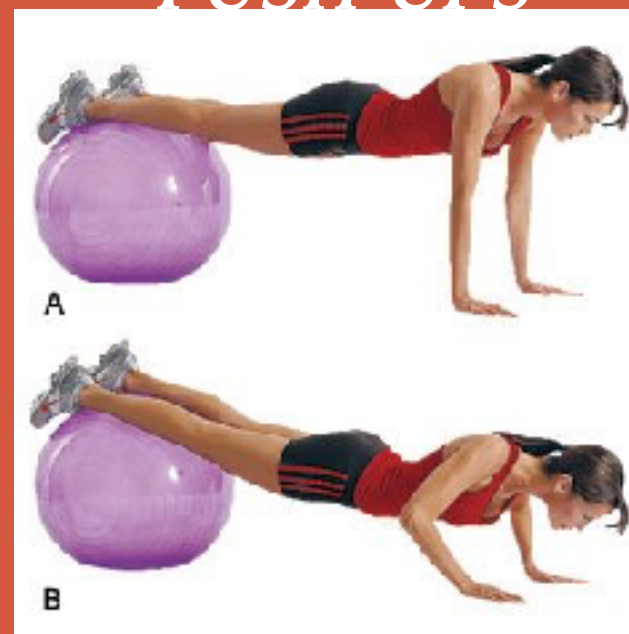


*Music: Cheap Thrills*

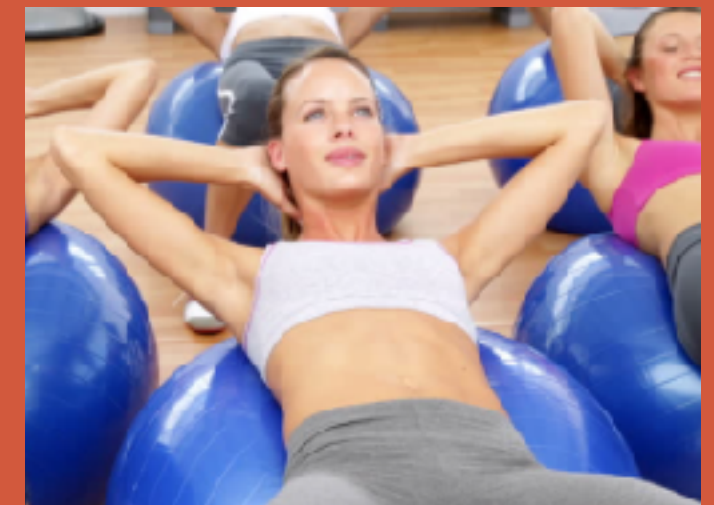
# *EXERCISE BALL: TABATA PRO APP*



*PUSH-UPS*



*SIT-UPS*



*Music: Rockabye*



## Balance

In every class you should practice stability on the ball, whether seated or kneeling. Some benefits of balance training are:

- Improved neuromuscular coordination (brain to body communication)
- Stabilizing burns calories
- Aids in muscle isolation (to focus on specific area stabilizing)
- Improved core strength
- Improved posture
- Enhanced muscle control and joint stabilization
- **Fun** and **challenging**
- Long term health





# BALANCING ACTS

*Song: "Hoedown Throwdown"*

*-Hannah Montana*



# DrumFIT® Choreography

## How to Choreograph a Song

Music is one of the most important components of a DrumFIT® workout, so it is important to spend time selecting music that will help motivate and encourage your participants. Here are some steps on how to create choreography for you DrumFIT classes:

1. Choose a song that inspires you. Songs that are 130-160 BPM work best for DrumFIT®.
2. You will need to listen to your song very carefully to understand how the song is laid out. Identify the verse, the chorus and any variants or bridges.
3. Choose 3-4 moves from your DrumFIT® Basic Movements and Variations Chart.
4. Assign a move to each of the sections you identified.

## EXAMPLE CHOREOGRAPHY

Intro Music: Get participants moving using simple variations.

Verse: Do movement combination #1

Chorus: Do movement combination #2

Verse: Do movement combination #1

Chorus: Do movement combination #2

Bridge: Do movement combination #3

Chorus: Do movement combination #2

Verse: Do movement combination #1

Chorus: Do movement combination #2

### **Example movement combinations:**

- Single, single, squat, double
- Shuffle around ball while clicking sticks together
- Step out right, single on neighbors ball, step back, double  
on own ball, step out left, single on neighbors ball.



## Visual Choreography

In order to further understand how to choreograph a song and how to pick out the different components of a song's structure, such as the verse or chorus, it may be helpful upon first listening to a song to make a visual representation of the song.

When creating this template you use a different symbol for each different part you hear in the music. Then, going back and assigning movements to the symbols, you would repeat the movements every time the same sound or part of the song plays again. This method is easier for participants to learn and instructors to teach, as it leads to maximum success in a class. This method is very effective since there is recognition of a certain section of song and a corresponding movement to that section.



After writing down what the song looks like by assigning a symbol to each melody or instrumental section – then I assign movements to each symbol.



**"Hair Up"**  
(with Gwen Stefani & Ron Funches)

Hair in the air  
Put your hair  
Put your hair in the air

*Movement Combo #1*

Put your hair in the air (hair up)  
We don't care (hair up)  
Put your hair in the air (hair up)  
We don't care (hair up)

Hair in the air  
Put your hair  
Put your hair in the air  
I've got a fever coming on  
And now it's beating on my bones  
I feel like diamonds or some gold  
So DJ play it  
That's my song

*Movement Combo #2*

I've got a fever coming on  
And now it's beating on my bones  
I feel like diamonds or some gold  
So DJ play it  
That's my song

Go, go, go, go, go  
Put your hair in the air  
Go, go, go, go, go, go  
Hair up

*Movement Combo #3*

Go, go, go, go, go  
Put your hair in the air  
Go, go, go, go, go, go  
Hair up

Come on baby  
Let's go crazy  
We ain't never gonna stop  
Hair up  
Come on baby  
Let's go crazy  
We ain't never gonna stop  
Hair up

*Movement Combo #4*

Come on baby  
Let's go crazy  
We ain't never gonna stop  
Hair up  
Come on baby  
Let's go crazy  
We ain't never gonna stop  
Hair up



# *PARTNER ACTIVITIES*

*SONG: Ex's and Oh's*

*BY: Ellie King*







# BOOM SHACK-A- LAK

APACHE INDIAN

BY: APACHE INDIAN

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- Side Lunges x8
- Double Tap Lunges x 4
- Jump, Jump, quick ft x 4
- Jacks x 8
- Mountain Climbers x8
- R. Knee x4, L. Knee x4
- (alt. knee only 1st verse)



# MUSIC: MAUE

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- Cross Over (2-count w/Hit), two hits overhead (4-count of 8)
- Twist, Twist, hit, hit x8
- Merenge R., L., F., B.
- step R, L Knee, R. Knee, Around world arms, reverse
- Circle Ball w/ shuffle hitting ball/ Reverse





# MUSIC: WITCH DOCTOR

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- **“Ooo,eee”** (alt. rows, up and down x4, all up & down x4) X2
- **“I told the witch”** Dr. 8-count circles x3
- **“Ooo,eee”** (alt. rows, up and down x4, all up & down x4)
- **“Silly” music:** walk forw. slow 4-count, walk back. 4-count
- **“I told the witch”** Dr. 8-count circles x3
- **“Ooo,eee”** (alt. rows, up and down x4, all up & down x4)
- **“Silly” music:** walk forw. slow 4-count, walk back. 4-count
- **“I told the witch”** Dr. 8-count circles x3
- **“Ooo,eee”** (alt. rows, up and down x4, all up & down x4)
- **“Silly” music:** walk forw. slow 4-count, walk back. 4-count



# MUSIC: APACHE

## BY: THE SUGARHILL GANG



10, 1, 20, 2 (x8)

1, ↖ 1, ↗ 10, ✕ 10, ⇓

Circle around ball, 10's  
w/1 hand while lasso w/  
other hand.

HIPS: R,L,F,B,R,L X2

Circle around ball while  
shuffling and 10's

8count: 10,100,10,1 x4

8count: grapevines r & l





## MUSIC: THE BLACK PEARL

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- SWORD FIGHT
- Kick Back- single R., single L., Double right. Single L., single R., Double L. x2
- Grapevine to ball on R, hit, grapevine to your ball, hit x8
- hit ball/cross sticks & hit x4
- Around the world for counts x2





# MUSIC: IN THE HALL OF THE MOUNTAIN

.....  
STARTS SLOW & SPEEDS  
UP



- *Hit top of ball on left, then my ball x2*
- *Hit top of ball on right, then my ball x2*
- *Hit floor/Hit top of ball, hit in air, hit ball x2*

*REPEAT*





*Music: Big Dada*

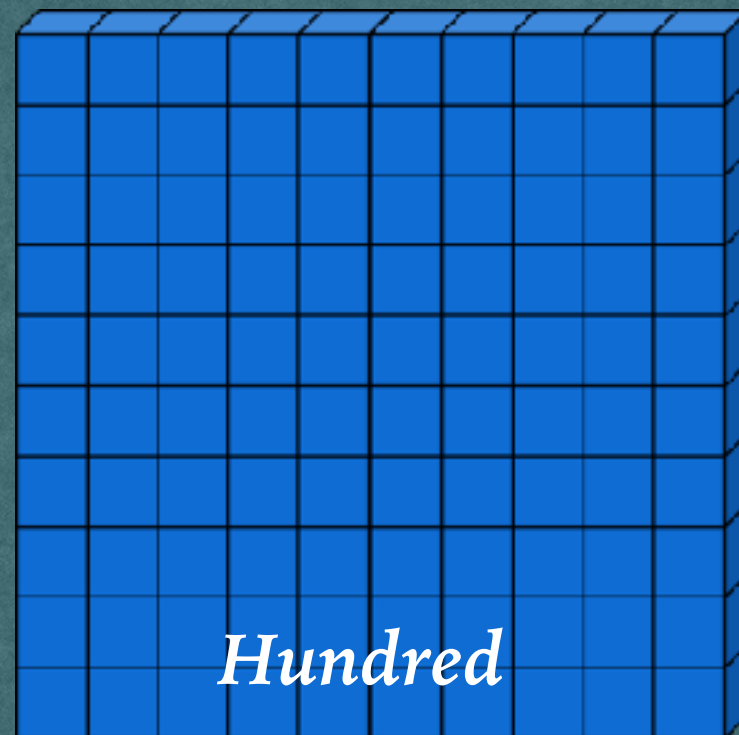
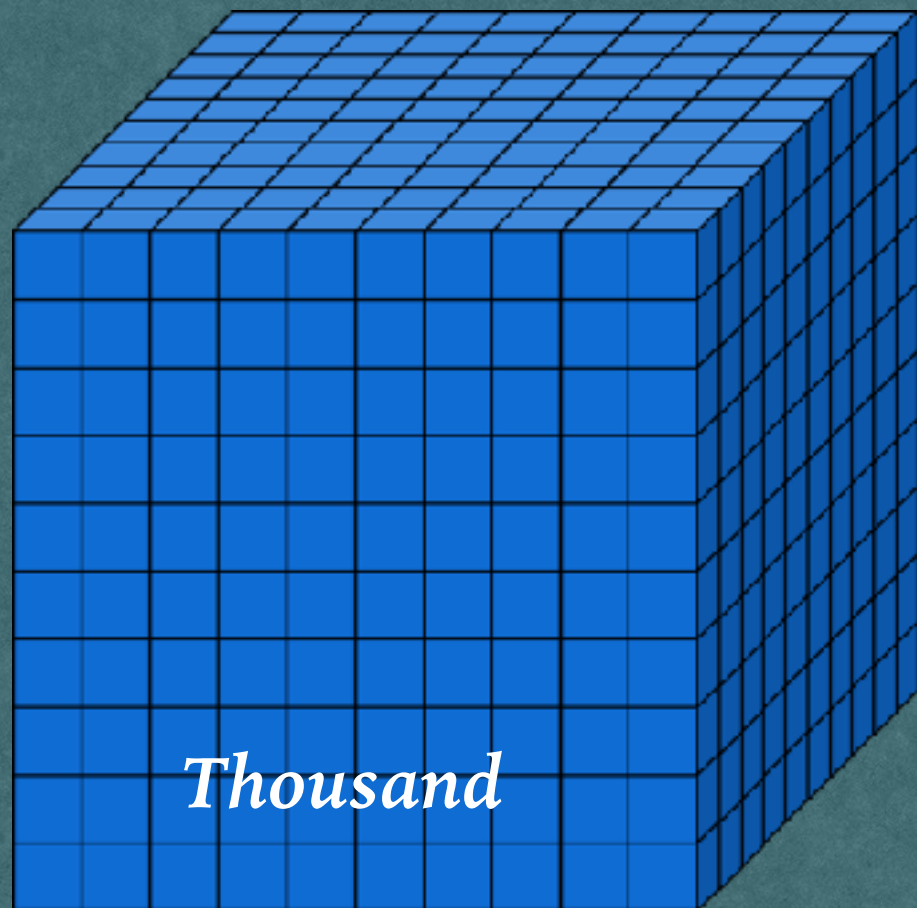
*Pass the beat!*





# MATH, MUSIC, MOVEMENT

*Explain positions of the drumsticks  
on the ball.*

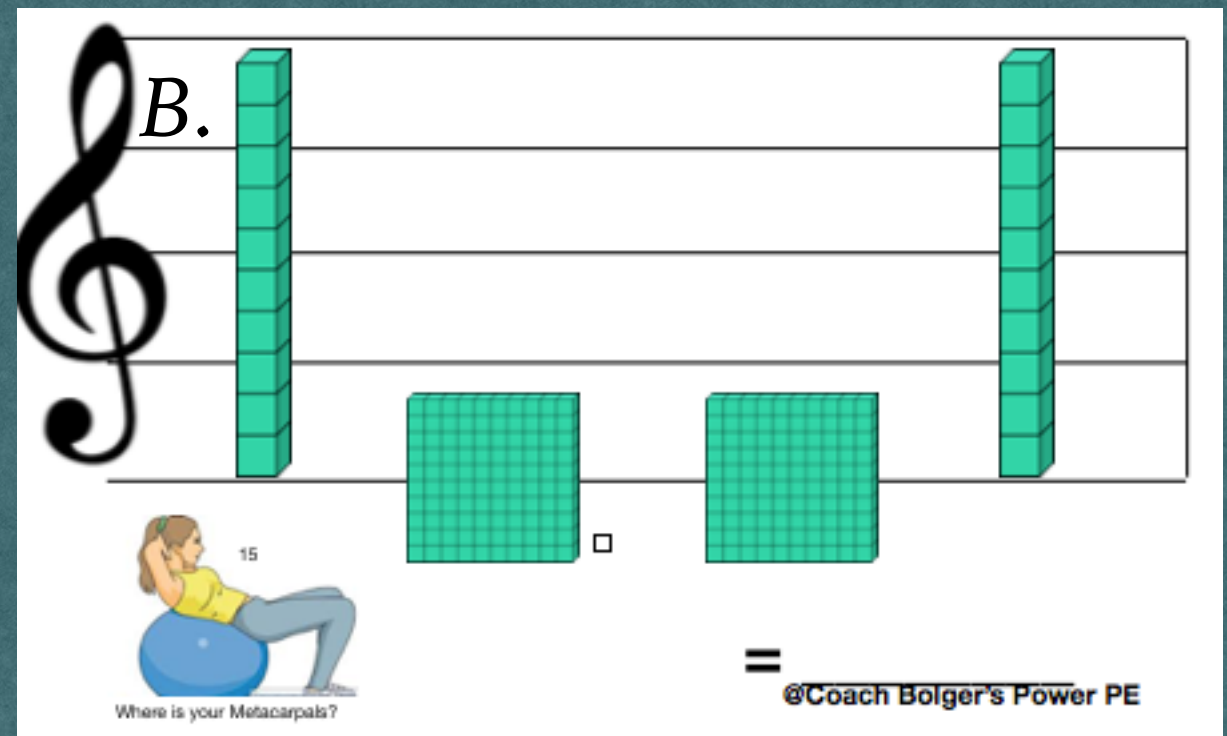


*One*

# MATH, MUSIC, MOVEMENT *and MORE!!*



*Can you watch the routine and guess the number?*



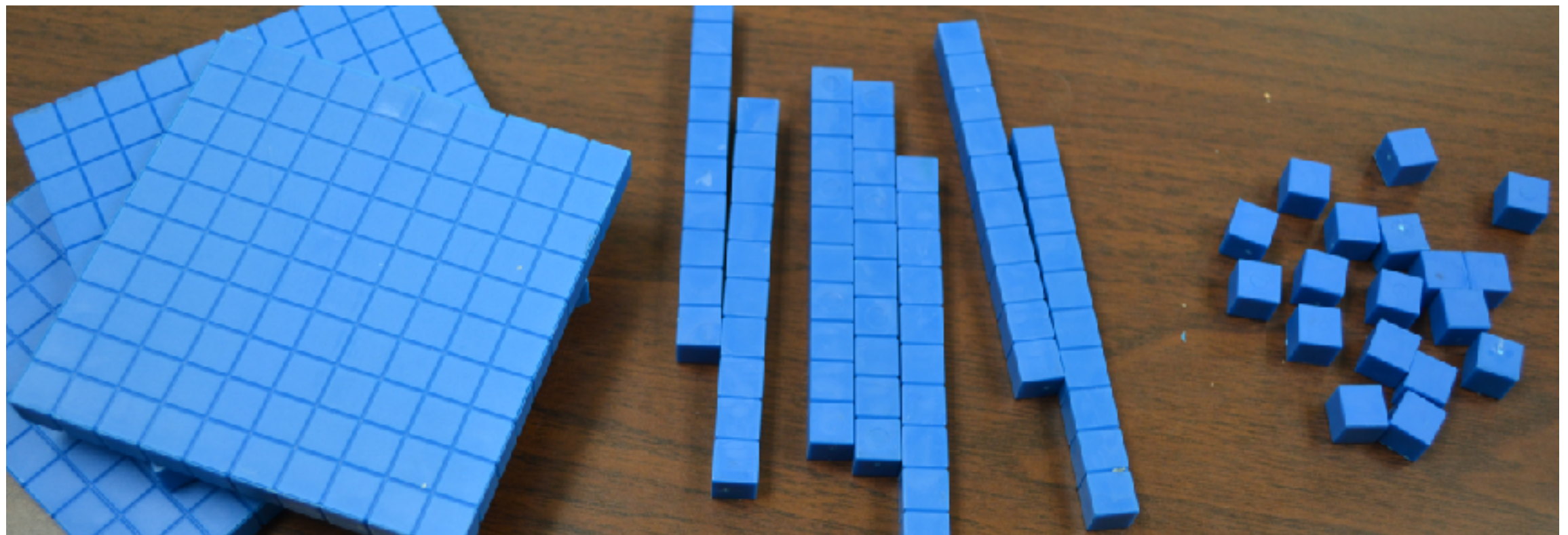
*4-count contest.  
How many counts  
can your group do?*

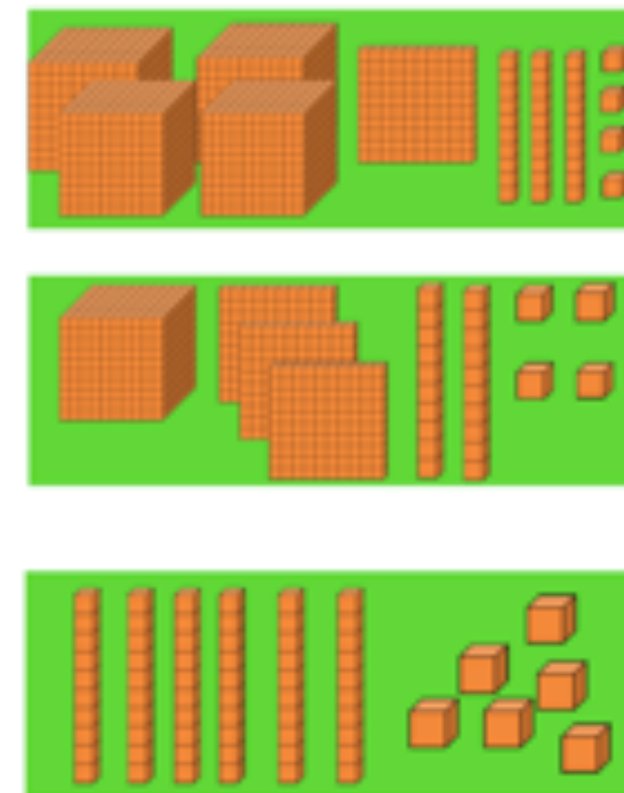
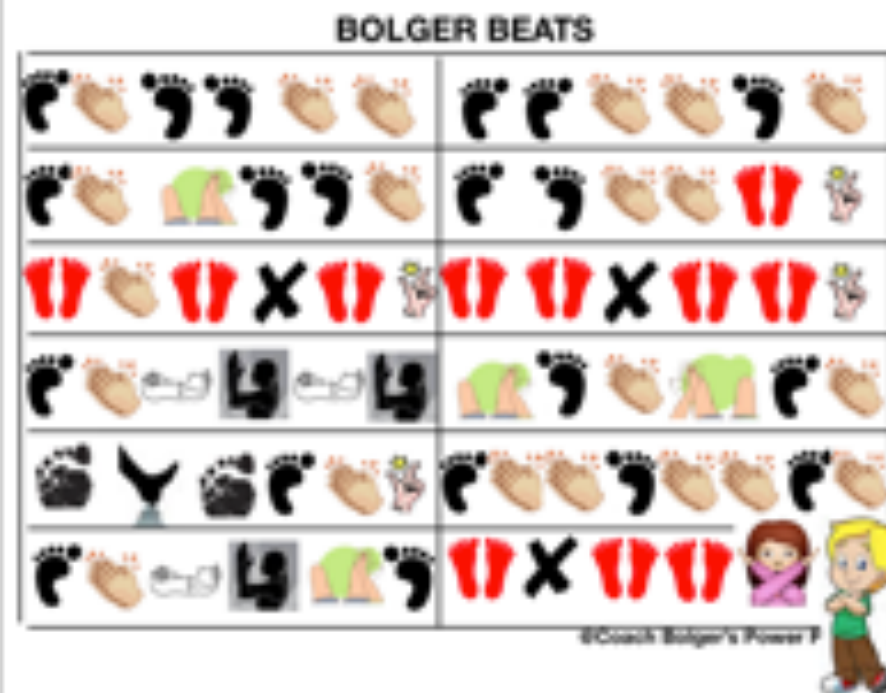


# *Making MATH*

## *Move!*

*Students create a routine using  
math and movement.*





## COACH BOLGER'S DRUM MATH

## BOLGER BEATS

## MATH AND DRUMS FIT

*All the math games I  
created are available at:*



## BOLGER BEATS

Coach Bolger's Power PE  
Teachers Pay Teachers







*ORCHESTRA ACTIVITY*

*FROM: JIM DELINE*

# ANY QUESTIONS?



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