

# Cardiovascular Drumming



3rd-5th Grade  
Choice Board

# What is Cardio Drumming at Home?



Audio Directions

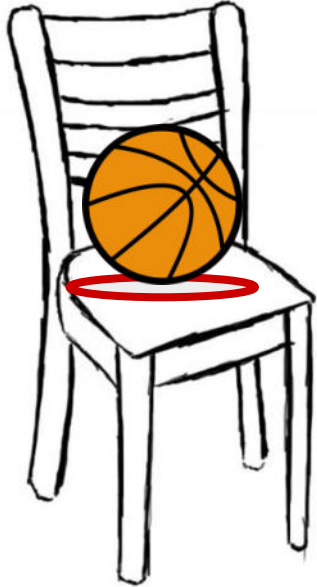
Cardio drumming is a full body workout. What you need is an exercise ball, drumsticks, and something to keep the ball from rolling away. If you don't have an exercise ball, I have some ideas for you!

This is for cardio  
drumming at home!!!



# What is Cardio Drumming at school?

Take a basketball or other type of ball, put it on a chair, Our rubber deck rings help keep the ball on the chair or if you don't have those, a Frisbee could help too. Or maybe a flag belt to go around the basketball to hold it to the chair. Grab a pair of lummi sticks, drum sticks, noodles cut in half, whatever you have!



Audio Directions



Long term, I would love to get exercise balls and buckets, but we we don't have the storage for them yet.

This button will take you back to this page when done with a song.



# Cardio Drumming



Audio Directions

Pick a song, drum away!!!! You'll have much fun, you don't even know you are getting exercise.

## [The Greatest Show](#)

She puts the steps on the screen.

## [Magic](#)

Stay close to your drum instead of walking away

## [High Hopes](#)

Squats and walking around the drum.

## [Centuries](#)

Running in place and running around the ball.

## [Can't Feel My Face](#)

Easy to follow. Four step squat on chorus

## [We Will Rock You](#)

Lots of squats.

## [Waka, Waka](#)

Moving around the drum.

## [This is Me](#)

They use extra drums, but you don't have to.

## [Starships](#)

Steps up on the screen and lots of jumping.

## [Cotton Eyed Joe](#)

Lots of galloping and jumping.

## [Happy](#)

Challenging with the choreography.

## [More](#)

Cross body movement and some jumping

## [Kung Fu Fighting](#)

Different positioning with your drum.

## [What About Us](#)

Different movements than what we've done so far. Fast paced.

## [Cups](#)

Tricky rhythms, but short and fun.

# The Greatest Show

← Audio Directions

I am going to edit it down just a smidge because she doesn't start really drumming until 1:00 in and the song ends at about 4:00.

She also has cues popping up on the screen to guide you along.





# Magic

← Audio Directions

Stay around your  
chair instead of  
walking away  
from it.



# High Hopes

← Audio Directions

A crowd favorite.

3 step squat on  
verse

Squat with  
abductor leg lift

Drum with arms  
crossed



# Centuries

Running in place  
and running  
around the ball.





# Can't Feel My Face

← Audio Directions

4 part squat on  
the chorus

Knee lifts

Reaching side to  
side and tapping  
floor.



# We Will Rock You

← Audio Directions

Lots and lots of  
squats!!

Squat with  
abductor leg lift



# Waka, Waka

This song is performed by Shakira and was the theme song for the 2010 FIFA World Cup (Soccer)

Will be skipping and side sliding around your drum.



← Audio Directions



# This Is Me

Love this song, love this movie.

Work at your own drum.

Tempo is a little slower.



← Audio Directions



# Starships

Lots of jumping.

Has the moves up on the screen for you to read. Easy to follow the teacher.



← Audio Directions



# Cotton Eyed Joe

← Audio Directions

Stay at your  
space the whole  
time. You can  
march and hit  
your sticks  
instead.

This one has a  
lot of galloping  
and jumping.





# Happy

This version of Happy is easier to catch on to than other versions.

She does movements in groups of 8 or 16 counts and moves around the drum.



← Audio Directions



# More

Simple choreography with some jumping and cross body movement.

Move around your own space.



← Audio Directions



# Kung Fu Fighting

← Audio Directions

Position yourself in front of your drum.

Watch for her directions at the beginning because this one is different.



# What About Us

← Audio Directions

When you get to  
move freely, move  
freely near your own  
space.

This one is fast  
paced with different  
movements. Accept  
the challenge and go  
for it!



# Cups

← Audio Directions



## TEKS- 3rd Grade-

- 1-
  - (D) demonstrate moving in and out of a balanced position with control;
  - (H) clap echoes in a variety of one measure rhythmical patterns;
  - (I) demonstrate various step patterns and combinations of movement in repeatable sequences
  
- 2-
  - (A) identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force;
  - (B) know that practice, attention and effort are required to improve skills.
  
- 3-
  - (A) describe and select physical activities that provide for enjoyment and challenge;
  - (B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration
  - (D) lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping
  
- 5-
  - (A) use equipment safely and properly
  
- 7-
  - (B) persevere when not successful on the first try in learning movement skills



## TEKS- 4th Grade:

- 1-  
extending
  - (D) jump and land for height and distance using key elements for creating and absorbing force such as bending knees, swinging arms, and
  - (E) perform sequences that include traveling, showing good body control combined with stationary balances on various body parts
  - (F) demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force;
  - (G) transfer weight along and over equipment with good body control;
  - (H) create a movement sequence with a beginning, middle, and end
- 3-
  - (E) participate in activities that develop and maintain muscular strength and endurance
- 4-
  - (B) participate in moderate to vigorous physical activities on a daily basis
- 5-
  - (A) use equipment safely and properly;
  - (B) select and use proper attire that promotes participation and prevents injury
- 6-
  - (B) analyze potential risks associated with unsafe movement and improper use of equipment
- 7-
  - (C) work independently and stay on task

## TEKS- 5th Grade

- 1- (E) demonstrate simple stunts that exhibit agility such as jumping challenges with proper landings
- 3- (A) participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness;
- 4- (B) self-monitor the heart rate during exercise
- 5- (A) use equipment safely and properly;  
(B) select and use proper attire that promotes participation and prevents injury;  
(C) describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity
- 7- (A) follow rules, procedures, and etiquette