

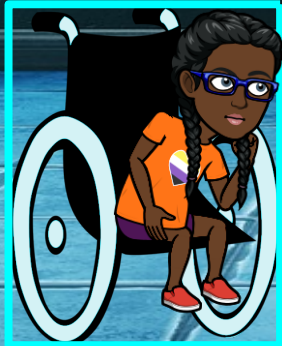
Welcome To PE

Let's do Cardio Drumming!!

Drum Fit 1:



Click here
for warm-up



Drum Fit 2:



Cardio Drumming



You will need:

Drum Sticks: wooden spoon, spatula, unsharpened pencils or spoons.

Drum: Any large ball, bin or a pot to drum on.



Starships

[Click here
for more
drumming.](#)

Cardio Drumming



Thunder



Baby Shark



Seated