



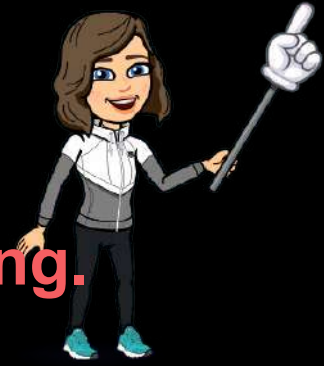
Welcome to P.E.!!

Mrs. Redfern





1. If the teacher's talking, you are listening.



2. If you have a question, raise your hand.

3. Water at the end of class



4. Keep hands and feet to self



Cardio Drumming Rules:

1. During instruction, sticks down/quiet.
2. Keep sticks to self.
3. Do your best, forget the rest!



Ready Positions:



Position 1:
During instruction
Voice off, hands at sides



Position 2:
Ready to play
Looking ahead, hands up

Warm Up:
Listen and keep a steady beat!



Rhythmic Patterns: Doubles + Singles

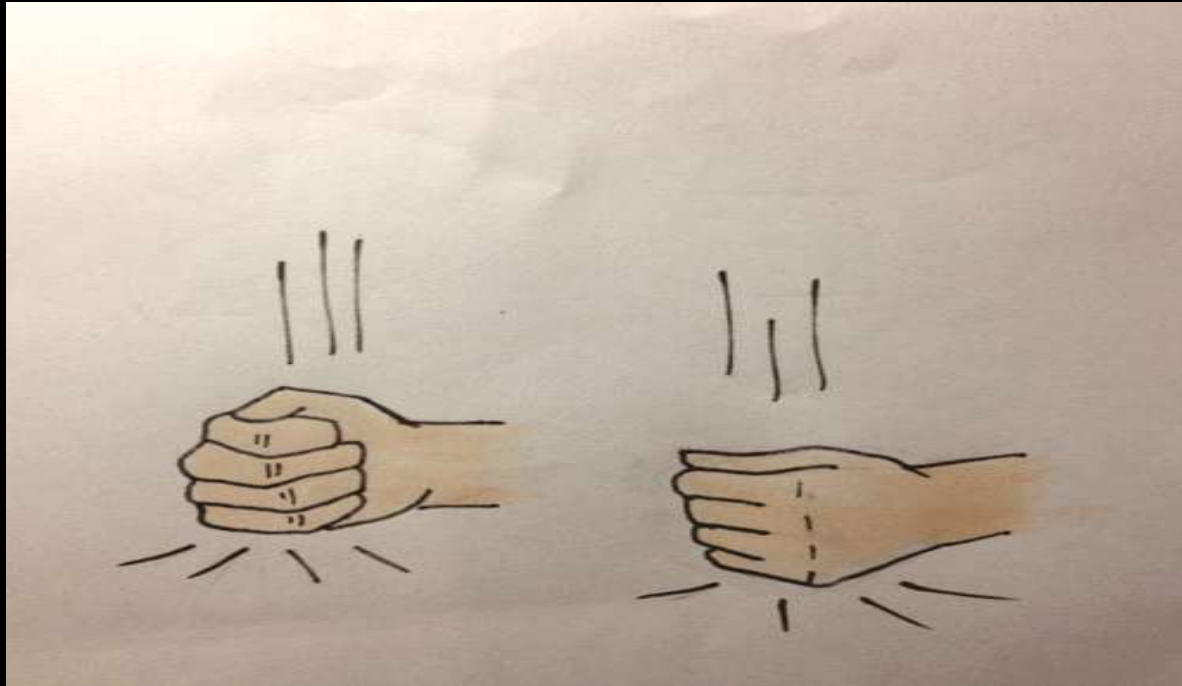


Both hands



Singles and doubles + TAP (4/4 and double)

We will rock you!



Half Jack + Tap

Double tap + step touch





Routine Pattern:

Doubles

Singles + Taps (quick)

Doubles + Taps (quick)

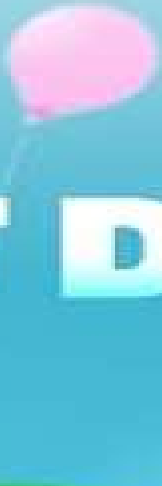
Singles + Taps (slow)

Half Jacks + Taps

Repeat 2x



Cool Down: (if time)



BRING IT DOWN



GoNoodle

Teacher notes:

Song word cues:

Intro: doubles

Needless to say I keep a check: singles + tap (quick)

Thinkin' in a bad way, losin' your grip: doubles + tap (quick)

Ohhh some things you just can't refuse: singles + taps (4 count/slow)

Chorus: Then you're left in the dust: Half jacks + tap

Every time I'm leavin' on you: Singles + tap (quick)

Oh, every time I'm walkin' out: doubles + tap (quick)

I know you're scared of the unknown (known): Singles + taps (4 count/slow)

Chorus: And you'll be left in the dust: Half jacks + tap

Outro: slow doubles (quietly)

Drumming Cues:

Singles + tap: "R, L tap"

Doubles + tap: "double double tap"

Singles + tap (slow): "1, 2, 3, 4 -or- single single tap tap"

Half jacks + tap: "tap, touch, tap, touch"