



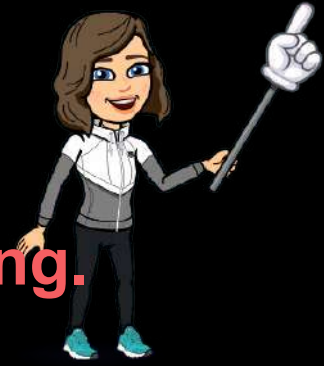
Welcome to  
P.E.!!

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**

# Rhythmic Patterns: Doubles + Singles



Both hands



# Overhead Clicks: 16



# Rhythmic Patterns: Doubles + Singles (R, L)



# Arm circles -----> Wings





# Click Jacks (slow/fast)



# Skier Doubles + Hard Doubles

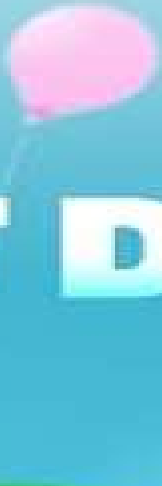


# StarShips:

Earth Circle to Wing



Cool Down: (if time)



**BRING IT DOWN**



GoNoodle