

Cardiovascular Drumming



PreK-2nd Grade
Choice Board

What is Cardio Drumming?



Audio Directions

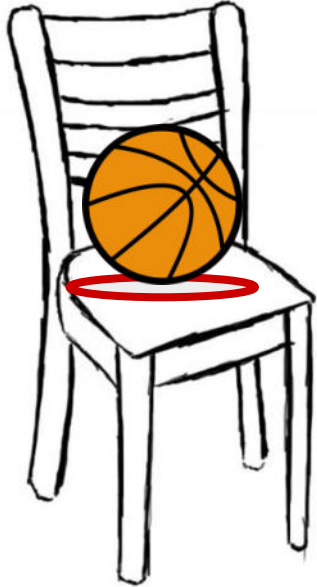
Cardio drumming is a full body workout. What you need is an exercise ball, drumsticks, and something to keep the ball from rolling away. If you don't have an exercise ball, I have some ideas for you!

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.



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.

Can't Stop the Feeling

Beginner routine.

Boom Clap

Squats and walking around the drum.

Centuries

Running in place and running around the ball.

Baby Shark

Get that song out of my head!

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.

Celebrate

Maybe 2nd grade for this one. It's fast.

Happy

This version is easier for younger kids.

More

Cross body movement and some jumping

YMCA

Familiar song, easy to follow along.

Chicken Dance

Familiar song easy to follow along.

Thunder

Surfin USA

Simple choreography

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.



Can't Stop the Feeling

← Audio Directions

Good if you are
just learning.



Boom Clap

Basic routine with
squats and
walking around
the drum.



← Audio Directions



Centuries

Running in place
and running
around the ball.



Baby Shark

Basic routine.

Only do this routine if you want the song stuck in your head forever!



We Will Rock You

← Audio Directions

Lots and lots of
squats!!



Waka, Waka

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



Audio Directions



This Is Me

Love this song, love this movie.



← Audio Directions



Starships

Lots of jumping.

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



← Audio Directions



Celebrate

2nd grade got
this one okay.

I wouldn't go
much younger
than them. It's a
little fast!



← Audio Directions



Happy

Her version of Happy is easy to follow. You will be jogging or walking around your drum and jumping around your drum.

← Audio Directions

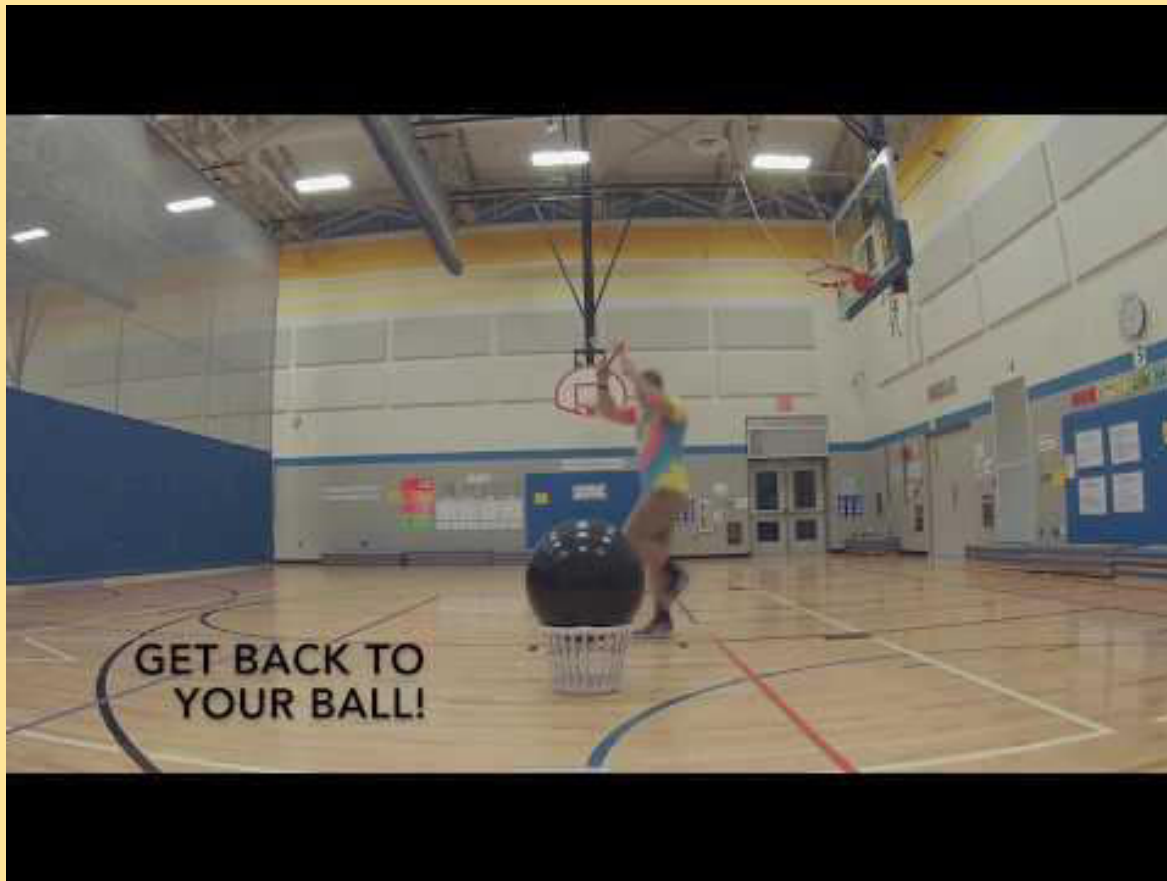


More

Simple choreography with some jumping and cross body movement.



← Audio Directions



YMCA

Familiar song

Tapping foot on the floor and tapping the ball at the same time.



← Audio Directions



Chicken Dance

← Audio Directions

Familiar song

Tapping foot on the floor and tapping the ball at the same time.



Thunder

← Audio Directions



Surfin USA

Very easy moves.

Written for younger students.



← 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