**TAHPERD Conference
University of Memphis
Cardio Fitness Drumming Lesson** **- “Eye of the Tiger”**<https://www.youtube.com/watch?v=8-9Sm6_yE98>
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| 16 count | No sticks yet. Getting ready – Shoulder rolls (Let me see you tough look) |
| 16 count | Punch stance, punch to the beats (doesn’t matter if it is right arm first or left) |
|  | Pick up sticks |
| 8 count  | Jumping Jacks |
| 8 count  | Tap ball on top |
| 8 count | Jumping Jacks |
| 8 count | Tap ball on top |
| 8 count | Alternating shoulder roll, getting ready |
| 8 count | Side stretch to left (4 counts) Side stretch to right (4 counts) |
| 8 count | Tap side of ball |
| 8 count  | Side stretch to left (4 counts) Side stretch to right (4 counts) |
| 8 count | Tap side of ball |
| 8 count | Jump rope |
| 8 count | Tap ball to left |
| 8 count | Jump rope  |
| 8 count | Tap ball to right |
| 24 count 3 - 8 counts | Raise right arm up, point stick in air (4 count); Slowly lower arm until it is beside leg (4 count)ORLeft foot step out, both arms straight up, right foot step behind, arms go down, right foot step out, both arms straight up, left foot step behind, both arms go down 1 – 8 countStep back with left foot with a slight turn, step back with right foot with a slight turn, repeat 1- 8 ctRepeat first move 1- 8 count |
| 8 count | Run in place while alternating taps on top of ball  |
| 8 count | Bring both arms in “muscles” (4 count); Ready/tough look (4 count) |
| 8 count  | Jumping Jacks |
| 8 count  | Tap ball on top |
| 8 count | Jumping Jacks |
| 8 count | Tap ball on top |
| 24 count 3 - 8 counts | Raise right arm up, point stick in air (4 count); Slowly lower arm until it is beside leg (4 count)ORLeft foot step out, both arms straight up, right foot step behind, arms go down, right foot step out, both arms straight up, left foot step behind, both arms go down 1 – 8 countStep back with left foot with a slight turn, step back with right foot with a slight turn, repeat 1- 8 ctRepeat first move 1- 8 count |
| 8 count | Run (fast) in place while alternating taps on top of ball  |
| 8 count | Bring both arms in “muscles” (4 count); Ready/tough look (4 count) |
| 8 count | Tap sticks above head (jumping optional) |
| 32 count 4 – 8 counts | Tap your ball on topTurn to left with quick jump, tap ball to leftTurn to the back of your ball with quick jump, tap ball behind youTurn to left again with quick jump, tap ball to right |
| 24 count 3 - 8 counts | Turn back to your ball and raise right arm up, point stick in air (4 count); Slowly lower arm until it is beside leg (4 count)ORLeft foot step out, both arms straight up, right foot step behind, arms go down, right foot step out, both arms straight up, left foot step behind, both arms go down 1 – 8 countStep back with left foot with a slight turn, step back with right foot with a slight turn, repeat 1- 8 ctRepeat first move 1- 8 count |
| 8 count | Run in place while alternating taps on top of ball  |
| 8 count | Bring both arms in “muscles” (4 count); Ready/tough look (4 count) lay sticks down beside bucket |
| 32 count4 – 8 counts | Punch stance, punch to the beats (doesn’t matter if it is right arm first or left) |
| 32 count | Free style  |
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**Things to consider:**Teaching students how hard to tap the sticks together, on the ball, buckets and floor.
Teach the students the movements to the lesson first then put it together.

**Options:**Have the students sit on the balls and perform a variety of movements while using the sticks.
Four students can use 1 ball.

**Assessment/Questions:**