**TAHPERD Conference  
University of Memphis**

**Cardio Fitness Drumming Lesson** **- “We Will Rock You”** <https://www.youtube.com/watch?v=6SdIVPs8gZ8&index=3&list=FLs93qbp0nA0SHIg8-cB6fGQ&t=0s>  
Designed by: James Henson, PETE Residency Student  
Becky Bocz, PETE Instructor, University of Memphis, [r.bocz@memphis.edu](mailto:r.bocz@memphis.edu)   
Diane Coleman, Campus School Physical Education Teacher, [dkcolemn@memphis.edu](mailto:dkcolemn@memphis.edu)   
Each 4 count sequence will be repeated before moving to 2nd sequence

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| 1st sequence | 1st 4 count - Both sticks strike ball simultaneously twice  2nd 4 count - Strike sticks together above head once  3rd 4 count - Both sticks strike ball simultaneously twice  4th 4 count - Strike sticks together above head once |
| 2nd sequence | 1st 4 count - Both sticks strike the sides of the ball twice  2nd 4 count - Both sticks strike ground once on either side of ball  3rd 4 count - Both sticks strike the sides of the ball twice  4th 4 count - Both sticks strike ground once on either side of ball |
| 3rd sequence | 1st 4 count - Alternate feet stomp twice  2nd 4 count - Both sticks strike together once in front of body  3rd 4 count - Alternate feet stomp twice  4th 4 count - Both sticks strike together once in front of body |
| 4th sequence | 1st 4 count - Strike the top of ball twice 2nd 4 count - Strike both sticks together once in front of body  3rd 4 count - Strike the top of ball twice  4th 4 count - Strike both sticks together once in front of body |
| 5th sequence | Repeat sequence 1 |
| 6th sequence | Repeat sequence 2 |
| 7th sequence | Repeat sequence 3 |
| 30 second solo Fast hits alternating | Queen starts playing guitar and we will hit the ball fast continuously for 30 seconds until song over. |

**Things to consider:**

**Options:**

**Assessment/Questions:**