**TAHPERD Conference  
University of Memphis**

**Cardio Fitness Drumming Lesson** **- “YMCA” – Village People**<https://youtu.be/Pu1jhuCM5ow>    
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*First six 4 counts- March in place with sticks*

*Verse 1*   
***24 counts****- Walk around the ball alternating strikes*

***6 counts****-  Count 1-2 point one stick up at a time, counts 3-4 point one stick down at a time and counts 5-6 point one stick to the side at a time.*

***24 counts****- Walk opposite way alternating strikes*   
   
***6 counts****- Tap both sticks on top of ball at the same time for each count.*

*Hook*   
*Y, M, C, A dance movement with body and sticks twice*   
***16 counts****– Alternate strikes on the side of the ball*   
*Repeat*

*Verse 2*   
***24 counts****- Tap one foot and strike the ball with same arm*

***6 counts****-  Count 1-2 point one stick up at a time, counts 3-4 point one stick down at a time and counts 5-6 point one stick to the side at a time.*

***24 counts****- Tap other foot and strike the ball with same arm.*   
***6 counts****-  On count 1 point one stick up, count 2 point down, count 3-6 point to sides.*

***6 counts****- Tap both sticks on top of ball at the same time for each count.*

*Repeat Hook*

*Verse 3*   
***24 counts****– Strike sticks above head while walking around room (general space)*

***6 counts****-  Count 1-2 point one stick up at a time, counts 3-4 point one stick down at a time and counts 5-6 point one stick to the side at a time.*

***6 counts****- Tap both sticks on top of ball at the same time for each count.* 

*Final Hook*   
*Y, M, C, A dance movement with body and sticks twice*   
***16 counts****– Alternate strikes on the side of the ball*   
*Repeat* 

**Things to consider:**

**Options:**

**Assessment/Options:  
Do you feel this routine was appropriate for grades 3-5?**

**What would you like to add to make it more challenging (Ask Students to come up with movements)?**