

## HOW TO USE THE LESSON PLANS

**SET UP -What You need**  
Provides a list of equipment, materials, music need to teach the lesson.

**LAYOUT – Class Set Up**  
Formation and Tips for setting up the classroom.

**COUNT DOWN 3, 2, 1,**  
Describes the activities, and how to teach the skills necessary. Provides helpful background information.

**GATHER & REVIEW / DOK**  
Depth Of Knowledge questions, and helpful answer tips.

**DRUMTASTIC TIPS!**  
Provides useful tips and helpful teaching strategies.

**NAME OF LESSON PLAN**

**ANIMAL-ISTIC!**

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**SET UP**

- 1 Pair of drumsticks
- Teacher Resource Materials
  - Fit Class Skill Cards – Lunge Floor Beats, Scissor & Click, Walk Around & Click, Heel Clicks.
  - Teacher Cue Card – Animal-istic!
  - Spot Markers (for younger children)
- Music CD: Kids Beats Vol. 1 Track # 15 – Deep Water, Track # 7 Freestyler

**LAYOUT**

Military/Block Formation

- Place Spot Markers in Military/Block Formation
- Helicopter Arm test, each child should be able to wave arms in all directions without touching another child's drumstick.

**COUNTDOWN 3... 2... 1...**

Children sit on the floor with the drumsticks in a "Quiet" position of choice. (see Introduction Lesson – four) Today we will be using some of our Fit Class skills to a song called "Deep Water". This song is very tribal and will help us represent the "Animal-istic" moves in this choreography. We will be learning the Gorilla, Zebra Splits, and The Ostrich Click.

**Review Safety skills**

- Before we begin let's review the Safety rules
  - Always check for splinters or broken wood on the drumsticks.
  - When moving with drumsticks, keep them close to the body with the tips facing downward.
  - Never poke or hit another person with a drumstick.
  - When drumming on the floor, use the Base of the drumsticks or drum very lightly with the tips of the drumsticks.
  - There are NO warnings!

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**ANIMAL-ISTIC!**

**GATHER & REVIEW/DOK**

- What are the names of the drumming and locomotor skills we used today.
- What were the names of the sequences and did you feel the difference in the movements that represented each animal? How?
- Did you like trying these skills to the faster music?
- Why do you think it is harder to move to the faster tempo?

**DRUMTASTIC TIPS!**

- Remember to review safety rules and use "Quiet" positions.
- Make sure the body is warm before performing this choreography.
- Begin with the slow tempo and ONLY when the children are ready progress to the faster tempo music.

**TEACHER CUE CARD / Choreography**  
Application, Tips and Ideas

Let's learn each skill. Teacher shows Drumming Skill Cards

- Lunge Floor Beats
- Scissor & Click
- Walk Around & Click
- Heel Clicks

Practice each skill and allow time for the children to learn the skills before progressing with music.

**TEACHER CUE CARD – ANIMAL-ISTIC!**

Follow the Teacher Cue Card Choreography sequence.

- Gorilla
- Zebra Splits
- The Ostrich Click

Repeat all sequences often or until the end of the music.

**ADVANCED CHALLENGE**

Change the music to – Kids Beats Vol. 1 – Track # 7 Freestyler  
This song is much faster and the students will have fun keeping up to tempo with the Fit Class skills. (please make sure that the children know the skills and are able to perform them at this tempo)

**ADVANCE CHALLENGE ACTIVITY**  
Once skills are learned, more challenging skills or activities are provided.

**STANDARDS ADRESSED**

**PHYSICAL EDUCATION NATIONAL STANDARDS**

## HOW TO USE THE TEACHER CUE CARDS

