

# BRAZILIAN BBQ

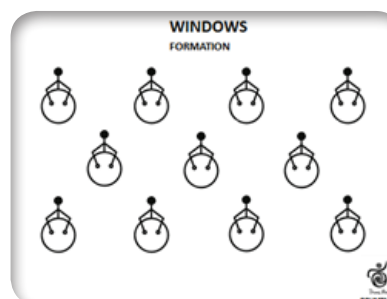
## SET UP

- 1 Drum Set, 1 pair of drumsticks per Student
- Teacher Resource Materials: *(See Film Clip)*
  - › Drumming Cards - Triple Drum (Extended Singles, Side Beats, Overhead Clicks, Floor Beats, Side Slide Around The Drum, Step Out Lunge)
  - › Teacher Cue Card – Easy Beatz Brazilian BBQ
- Player and Music: DRUMTASTIC music (Samba Sensation)

## LAYOUT

### Windows Formation

- Place the Drum Sets in the Windows Formation.
- Distance between the Drum should be approx. 36" apart from one another.
- Students stand behind their own Drum Set.
- Helicopter Arm test, each student should be able to wave arms in all directions without touching another student's drumstick.



## COUNTDOWN 3... 2... 1...

Today we are going to be learning (or reviewing) some drumming and locomotor skills

1. Drumming Skills =Extended Single Beats, Side Beats, Overhead Clicks, Floor Beats
2. Drumming and Locomotor Skills = Slide Around The Drum, Step Out Lunge (R, L Neighbor Drum)

### Review Safety Skills

- Before we begin let's review the **Safety rules**.
  - › When drumming on the floor, use the Base of the drumsticks or drum very lightly with the tips of the drumsticks.
  - › We will be drumming on our neighbors drum so we need to take extra care to drum **ONLY** on the side of their drum.

**Let's practice the Drumming Skills**

*(Teacher shows the DRUMTASTIC Drumming Skill Cards.)*

- › Extended Single Beats
- › Side Beats
- › Overhead Clicks
- › Floor Beats

**Let's practice the drumming & locomotor skills**

*(Teacher shows the DRUMTASTIC Drumming & Locomotor Skill Cards.)*

- › Side Slide Around the Drum
- › Step Out Lunge (R, L Neighbor Drum)

 **TEACHER CUE CARD – BRAZILIAN BBQ**

**Part I - Side Step**

- Side Step with Extended Single R,L
- Side Step with Extended Double R,L

**Part II – Down & Up**

- 2x Side Beats, 2x Overhead Clicks (Repeat)

**Part III – Side Slide & Figure 8**

- Side Slide Around the Drum
- Figure 8

**Part IV – Step Out Lunge**

- 4x Step Out Lunge R Neighbor Drum
- Repeat L, R,L

**Allow time for the students to experience all of these skills before progressing with music.**

**Practice these skills with music – DRUMTASTIC music (Samba Sensation).**

 **ADVANCED CHALLENGE**

- Reduce the sequences.  
 (Please see “How To Reduce” in the DRUMTASTIC INSTRUCTOR MANUAL)

# BRAZILIAN BBQ

## GATHER & REVIEW/DOK

- What was the name of the choreography we learned today?
- How many parts of the choreography did this dance have?
- What are the names of these parts?
- What muscles did you feel working today when you were performing these strength skills? What else did you feel?
- Was your heart pumping?
- Do you think that this was a cardiovascular training experience?
- Why is it important to exercise aerobically?

## DRUMTASTIC TIPS!

- Practice skills without music.
- Practice the choreography sequences without music.
- Allow time for the students to learn the skills.
- Place the Drum Sets in another direction and change the focal point.



## STANDARDS ADDRESSED

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

S1.E1 Locomotor. hopping, galloping, running, sliding, skipping, leaping (S1.E1.K, 1, 2, 3, 4, 5)

S1.E3 Locomotor jumping & landing, horizontal (S1.E3.K)

S1.E4 Locomotor jumping & landing, vertical (S1.E4.K, 1, 2, 3)

S1.E5 Locomotor dance (S1.E3.K, 1, 2, 3, 4, 5)

S1.E6 Locomotor combinations (S1.E6.3)

Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

S2.E1 Movement Concepts space (S2.E1.K, 1, 2, 3, 4, 5)

S2.E2 Movement Concepts pathways, shapes, and levels (S2.E2.K, 1, 2, 3, 4, 5)

S2.E4 Movement Concepts Alignment & Muscular tension (S2.E4.3a, 4a, 4b, 5a, 5b)

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

S3.E2 Engages in physical activity (S3.E2.K, 1, 2, 3, 4, 5)

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

S4.E1 Personal Responsibility (S4.E1.K, 1, 2, 3, 4, 5)

S4.E2 Personal Responsibility (S4.E2.K, 1, 2, 3, 4, 5a, 5b)

S4.E3 Accepting feedback (S4.E3.K, 1, 2, 3, 4, 5)

S4.E4 Working with others (S4.E4.K, 1, 2, 3a, 3b, 4a, 5)

S4.E5 Rules & etiquette (S4.E5.K, 1, 2, 3, 4, 5)

S4.E6 Safety (S4.E6.K, 1, 2, 3, 4, 5)

Grades 6-8

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns

S1.M1 dance & rhythms (S1.M1.6, 7, 8)

Standard 4: Exhibits responsible personal and social behavior that respects self and others

S4.M1 Personal responsibility (S4.M1.6, 7, 8)

S4.M4 Working with others (S4.M4.6, 7, 8)

S4.M6 Rules & Etiquette (S4.M6.6, 7, 8)

S4.M7 Safety (S4.M7.6, 7, 8)

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and /or social interaction.

S5.M6 Social Interaction (S1.M1.6, 7, 8)