

Partnered with:



Ability Beats Is for Everyone: No Participant Is Left Behind!

- A fun, research based, cross-curricular, all-inclusive program that provides a comprehensive physical fitness and cognitive educational approach for everyone, regardless of age or ability
- A multi-sensory, brain and body musical, movement and drumming experience that integrates kinesthetic awareness, neuro-muscular skills, cardiovascular conditioning, flexibility, strength, wellness activities and more
- A no-limitation, culturally diverse program that cultivates respect and appreciation while encouraging creativity that boosts self-esteem and ignites a passion for social emotional learning and complete physical literacy

Ability Beats Research Based Program Addresses the Following Needs

- **Physical Needs** - Meets all National Physical Fitness Standards
- **Neurological Needs** - Promotion of hemispheric convergence through simultaneous activation of the lobes and regions in the brain to promote plasticity and improved executive functioning
- **Cognitive Needs** - Improvements in concentration, focus and awareness
- **Emotional Needs** - Encourages children, especially those on the spectrum, to control, regulate, and understand their emotions and establish a positive way to express their feelings
- **Communication Needs** - Drumming and movement are valuable ways to communicate nonverbally and listen to others while positively contributing to the group dynamics and dialog
- **Social Needs** - Everyone can drum and be part of the team regardless of age or ability
- **Educational Needs** - Kinesthetic learning activities that integrate drumming, rhythm and movement can make learning engaging and accessible
- **Self - Actualization Needs** - Drumming and movement boosts self-esteem, provides an avenue where appreciation and acceptance are fostered and embraces social emotional learning

Ability Beats In Practice (Sample Class Design)

- **Greeting, Welcome and Class Flow**
- **Introduction Lessons**
 - Warm Up Activities, Games
 - Fine and Gross Motor Skills
 - Cross Curricular Activities
- **Rumble (Get Warm Quick Activities)**
 - Team Building Exercises
 - Social Emotional Learning
- **Balance and Proprioception**
 - Basic and Complex Movement Patterns
 - Spatial Orientation
- **Choreographies**
 - Fun routines set inspiring culturally based music
 - Speech Patterning
- **Brain Beats**
 - Memory Improvement Activities
 - Executive Function Related Protocols
- **Functional Living Skills**
 - Functional Academics
 - Social Competence
- **Music, Rhythm and Drumming**
 - Musical Application Exercises, Echo, Call/Response, Hand Clapping Games
 - Metronome Training, Entrainment, Electrodermal Response, Anticipatory Pleasure
- **Cool Down, Relaxation and Mindfulness**
- **Gathering, Review and Goodbye**

CHOREOGRAPHY LET THE SUNSHINE IN

Music: Drums Alive Kids Beats CDs
(Let the Sunshine In) or song of choice

Formation: Windows

- 8x Double Beats (8 counts)
- 8x Single Beats (8 counts)
- 4x Side Clicks (8 counts)
- 8x Moving to a new Drum Set (8 counts)
- Repeat all sequences until the end of song
 - ✓ **Tip:** Use the Number Cards 1 & 2
 - ✓ **Tip:** You may choose to begin by moving around "Own Drum" before moving to a new Drum Set
 - ✓ **Tip:** Allow time for the students to experience all of the skills before progressing with music
 - ✓ **Tip:** Increase number of repetitions for each drumming skill if students are not able to change skills in 8 counts

CHOREOGRAPHY ABB "SITTING" WIPE OUT

Music: Drums Alive Kids Beats CDs (Wipe Out)

Formation: Windows Sitting on Spot Markers

Intro

- 3x8 Introduction Rumble (24 counts)
- 6x8 Part I - Wave Arms Above Head (48 counts)
- 6x8 Part II - Floor Rumble R (48 counts)
- 3x16 Part III - Reach Forward & Click (48 counts)
- 6x8 Part II - Floor Rumble L (48 counts)
- 6x8 Part IV - Single Floor Beats (48 counts)
- 6x8 Part II - Floor Rumble R and L (48 counts)
- 6x8 Part I - Wave Arms Above Head (48 counts)
- Floor Rumble to the end of the music

ADVANCED CHALLENGE

- Remove whistle; students must listen to changes in the music for "Rumble" sequence

CHOREOGRAPHY MONEY, MONEY, MONEY

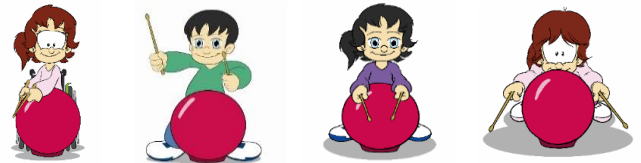
Music: Kids Beats CDs (Song of choice)

Formation: Windows

Follow Money, Money, Money TCC and use Coin Cards for Visual support Drumming Touch Points Sequence Patterns and Verbal Cues

- **Quarter – 5 touch points**
 - 1x Front Drum, 1x Right Side Drum, 1x Back Drum
1x Left Side Drum, 1x Double Beats on top of drum (accent Double Beat) and hold 3 cts. (8 cts. Total)
 - Repeat entire sequence as often as desired
 - Advanced Challenge: Add skip counting, alternate 1x Right side and 1x Left sides
- **Dime – 2 touch points**
 - 8x Alternating Front Drum Single Beat and Back Drum Single Beat while standing in a lunge position with the Right foot front and the Left foot back. Repeat Left. Repeat as often as desired.
 - Advanced Challenge: Add skip counting, alternating
 - 1x Right side and 1x Left side
- **Nickel – 1 touch point**
 - 8x Double Beats (8 cts.) Repeat as often as desired
- **Penny – No touch points**
 - 8x Floor Beats (8 cts.) Repeat as often as desired

Repeat as often as required to ensure a complete understanding



ADVANCED CHALLENGE

- Add a Skip Counting Pattern to the music and have the students combine the drumming and counting

Cool Down, Relaxation and Mindfulness

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For this, or any other Drums Alive class design that includes the music, choreography, research and resources, or if you want to receive training, please contact us:

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