



## Fitness, Education, and Wellness for Lifetime of Learning: DRUMTASTIC

### Here Come The Drums! Here Comes The Fun!

Drums Alive Drumtastic is a thrilling, creative, and exhilarating program that makes education, fitness, and wellness fun and uniquely different from any experience you have tried before! It's the original drumming fitness program in the world and the first to have a research based model that combines drumming, music, movement, and cognition through a multi-modular, cross-curricular approach that ignites creativity, critical thinking, self-expression and completes the physical literacy loop

### Drumtastic - Areas of Focus

- Understand engagement of learning through music, movement and rhythm
- Explore relationships through kinesthetic and auditory experiences
- Elevate learners' critical thinking abilities and social emotional learning
- Discover the mystery behind drumming and brain research
- Integrate movement and rhythm using cross curricular activities
- Integrate inclusion strategies making Drumtastic accessible for all



### Drumtastic 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 ANIMAL-ISTIC!

**Music:** Drumtastic music (Drum Dance, Snake Charmer), or music of choice

**Formation:** Windows

- 4x The Gorilla
- 4x The Zebra Splits
- 4x The Ostrich Click

**Repeat all sequences to the end of the music.**

**Tip:** Use the Animal-istic Teacher Assistance Cards

### ADVANCED CHALLENGE

- Ask students to create their OWN 8 count drumming and movement skill for an animal of their choice, which they will add after The Gorilla, The Zebra, The Ostrich.



## CHOREOGRAPHY BRAIN BEATS I

**Music:** Drums Alive Kids Beats CDs: (El Timbal) or Drumtastic music (Samba Sensation)

**Formation:** Windows

- 8x Side Drum Right
- 8x Double Beats
- 8x Side Drum left
- 8x Double Beats

**Reduce the choreography sequences**

- Once the students are comfortable with the eight repetitions of each skill, reduce each pattern down to 4x, 2x, 1x

### ADVANCED CHALLENGE

• **After the cognition rhythmical drumming skill add the advance challenge to boost up the cardiovascular training.**

- Step Out Lunge
- Jumping Jacks
- Mathematics in Motion to Brain Beats 1 choreography (See Teacher Cue Card and Easy Mathematics in Motion cards)

## INTERVAL FITNESS # 2

**Music:** Drumtastic Music: Drum Moll or TABATA Music

**Formation:** Scattered

1. **Begin with Cardio Interval #2 – Winter Sports**
2. **Music begins:** Call out each skill one at a time from the Cardio Interval #2 Teacher Cue Card and perform these skills for 4 sets of 8 counts (32 counts)
3. **Music continues** with Strength Interval #2 Roll Down & Up. Call out each skill one at a time from the Strength Interval #2 Teacher Cue Card and perform these skills for 4 sets of 8 counts (32 counts)
4. **Repeat** Cardio and Strength Interval sequences 3 - 4 times or until the song ends

**Note:** Use the **Rate of Perceived Exertion Chart** throughout these exercises to ensure students are at a safe level of exertion (Rating should be around #13 - #14)

### ADVANCED CHALLENGE

- **Create and Drum To Your Own Interval Training**  
Allow students to create a fun Interval Training sequence

## CHOREOGRAPHY XYLOPHONE!

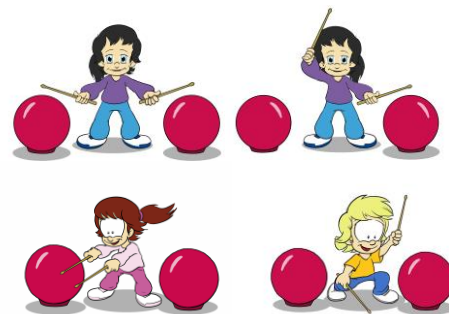
**Music:** Drumtastic Music (Waves) and Kids Beats CDs (Nara)

**Formation:** Two Drum/Split Drum

**Follow the Choreography sequence**

- Open Double
- Open Singles
- Power Doubles R, L
- Deep Power Lunge R, L

**Repeat sequences until the end of the music**



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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:

[www.drums-alive.com](http://www.drums-alive.com) / [www.drumsalive.eu](http://www.drumsalive.eu)