



Personal Fitness Virtual Learning

DrumFit Workout

May 19, 2020



7/8th Grade Personal Fitness
Lesson: [May 19th 2020]

Learning Target:

Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group. (S1.M1.8)

Essential Question: How does DrumFit keep me active?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will be able to complete a Drumfit routine**

Let's Get Started:

1. **Follow this warm-up to get started!!**
 - [Warm-up video](#)

Practice #1

- Find something to drum on (ball, pillow, table, etc.) and something to drum with (pencil, pen, highlighter, etc.)
 - Be sure to set your items up in a space that allows you to move completely around it.
- Once you found the above items complete the three beginners routine (be sure to follow the routine exactly to get the best results):
 - [We Will Rock You](#)
 - [Centuries](#)
 - [Uptown Funk](#)

Practice #2

- Complete the following routines which are more advance:
 - [Shake it Off](#)
 - [Can't Stop the Feeling](#)
 - [I Lived](#)

Practice on your own:

- Create a DrumFit routine to one of the following songs:
 - [Best Day of my Life](#) by American Authors
 - [BOOM](#) by X Ambassadors
 - [Stupid Love](#) by Lady Gaga
 - [Call Me Maybe](#) by Carly Rae Jepsen

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: What count are the movements in the routines?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house