

Cardio Drumming Activity for Grades K-5 – “Baby Shark” Theme

Jennie Graves at MSA West Elementary School here with another one of my lessons I wanted to share. This time I wanted to let you know how awesome Cardio Drumming is for students. I teach kindergarten through fifth grade.

There are many different routines you can do with cardio drumming; however, “The Baby Shark Song” has been my students favorite. The fifth-grade students even loved this routine as a warm-up. The routine did take a little longer to teach for my kindergarten and first grade students. I have included the lesson plan as well as the video of one of my kindergarten classes performing the routine.

Suggested Grade Level: K-5

Purpose: I will work on my rhythm while maintaining a steady beat. This basic routine will prepare me for more challenging ones in the future.

Equipment:

- 1 Set of [Wood Sticks](#) for each student ([noodle quarters](#) or [drumsticks](#) can be used as an alternative)
- 1 [Exercise Ball](#) for each student
- 1 [Base](#) for each student

NOTE: For this activity, I purchased 17.5 inch exercise balls and used 10 gallon buckets that are about 18.5 inches wide. You can also use the 21.5 inch exercise balls and use 19 gallon buckets that are about 22.25 inches wide.

As an alternative for the 10 gallon buckets, you can use a laundry basket OR purchase smaller exercise balls or beach balls and use 5 gallon buckets. I also used an [electric inflator](#) to pump up each of the balls. This high-volume compressor was powerful enough and made it easy.



Instructions for Cardio Drumming

I teach a cardio drumming unit once a year; however, once the routine is taught it can be used as a warm up throughout the year. Below are the written steps I use for the Baby Shark song. To teach the actual routine, we usually sit in a circle and I teach the students the routine while they are sitting. This allows me to help any of the students are struggling. This is where I also teach the students rhythm and how to count. I only do this at the start of the cardio drumming routine.

Baby Shark

Hit sticks together not on the ball. Switch from right to left side.

Mommy Shark

Hit sticks at the same time on the top of the ball (alternate right and left side to make it harder).

Daddy Shark

Hit the sticks at the same time on the side of the ball (cross arms to make it harder).

Grandma Shark

One hand behind your back, hit only one stick on the top of the ball (alternate right and left side to make it harder).

Grandpa Shark

Hit only one stick on the side of the ball. The stick needs to stay still to hold the ball on place (alternate right and left side to make it harder).

Let's Go Hunt

Hit sticks together above you head while walking around the ball and base.

Run Away

Hit the sticks on the top of the ball while sliding (shuffling) around the ball.

Safe at Last

Hit both sticks on the right side of the ball and make a rainbow to the other side of the ball. Repeat on the left side.

That's the End

Alternate right and left stick hits on the top of the ball. Alternate right and left sticks hits of the side of the ball. Repeat.

Variations: If necessary, students can be seated or kneeling during the routine or 2 students can share one ball.

About Jennie Graves:

I am a Physical Education teacher in Plaquemine, Louisiana who loves crafting, my students, my family, and riding on the back of my husband's Harley Davidson. I currently live in Addis, Louisiana with my husband Chris and our three kids: Abby, Wyatt and Kameron. This is my 15th year as an Elementary P.E. teacher. I got my Master's Degree in Kinesiology from LSU. Go Tigers!