



## DRUMFIT AT HOME ONLINE CURRICULUM



As some schools move forward with an online learning approach this year, we feel it is important to ensure at-home students have the same opportunity to participate in physical activities, such as DrumFIT, from their respective remote location. To make this possible, we have decided to provide access to the same great online curriculum used in schools nationwide, to students at-home.

Students can follow the instructions below to access DrumFIT videos online and follow along. A list of materials is also provided below that can be used to substitute our traditional DrumFIT ball-and-stand setup.

### ACCESSING YOUR CURRICULUM VIDEOS:

- 1 Visit the following url: <https://vimeo.com/showcase/drumfitk2>
- 2 Choose Log in using the provided password: **DF2020\*k2**
- 3 Press play to start the first video and follow along with our curriculum! The videos will play continuously for a full workout.

*\*If you would like to embed the videos directly on your website, please contact our support team directly at [info@drum.fit](mailto:info@drum.fit)*

### NO EQUIPMENT? NO PROBLEM!

Don't have access to DrumFIT equipment? We've put together a list of household items ([see next page](#)) you can use to create your very own drum kit to follow along with our routines! It doesn't have to be fancy, as long as you can keep the beat and make some noise!



## HOUSEHOLD DRUMS:



1. Got an empty pot in the cabinet? Turn it upside down and let's rock & roll!



2. What about empty flower-pots hanging around in the garage? If so, give them a new purpose.



3. You know those large plastic bowls we all have cluttering the cabinet? Great! They make perfect drums!



4. Do you have any plastic or wooden stools in your kitchen? They make great drums and are perfect height to stand behind.



5. Have you got any cardboard boxes lying around?



6. Plastic storage bins are fantastic! Pull 'em out and have fun!

## HOUSEHOLD DRUMSTICKS:



1. Get those wooden spoons out of the utensil drawer – they make perfect drumsticks!



2. Any cooking utensil with a handle will work – plastic spatula, metal scoop you name it, you can drum with it!



3. Chopsticks, I know I have a drawer full of 'em from take-out's! Give them a new function.



4. Let's get at that cutlery drawer – any metal forks, knives and spoons will do!



5. Any pens and markers with caps on will work!