

# *Synchronized Rhythm Sticks*



***By Helene Hampton Hughes***



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**Sticks, sticks, magic sticks**  
**Making sticks do magic tricks.**  
**In a circle passing sticks**  
**Touching toes and knees with sticks.**  
**'Round and 'round we pass the sticks**  
**Making sticks do magic tricks.**

For all the encouragement and words of wisdom, let me thank Carol Meyland and Ruth Tyre; also George Munn and all the boys and girls of Cleveland Elementary.

## **INTRODUCTION**

Rhythm sticks used in synchronized patterns augment any perceptual motor program and stimulate activity in children. The enclosed manual and music involve right and left discrimination, auditory acuity, identification of body parts, upper body strength and rhythmical internalization. These activities are also ideal for developing a spirit of cooperation among children. **The progressive routines, arranged from simple to more difficult,** are ideal for physical education, classroom activities, P.T.A. or assembly programs.

## **HOW TO USE THIS RECORDING**

For best results,

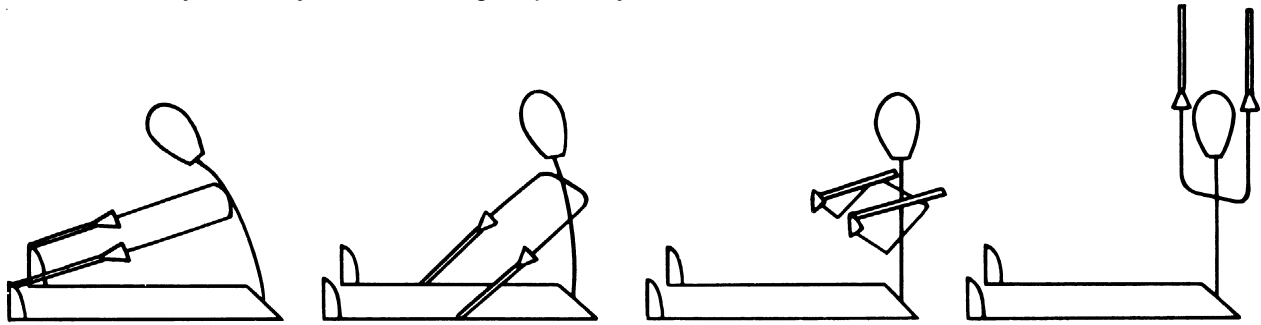
- READ the manual in order to become familiar with the activities.
- LISTEN to Side A of the recording (music and narration) while following along in the manual.
- TEACH the activities to the class, slowly at first and without the recording, until the children can do the routines.
- PLAY Side A of the recording and have the children practice the routines to the narration.
- USE the "Music only" side of the recording for the activities when the children have mastered them.

# GLOSSARY

Note: All activities are done with students sitting in a circle, legs extended, preferably on a mat or other suitable surface; each student should have a pair of rhythm sticks.\*

## 1. **Circle pass**

- place the stick in your left hand on the floor between your legs; your right hand should be bent at the elbow, with the stick pointing straight up, left arm at your side, also bent at the elbow, palm up.
  - touch the toes of your left foot with the stick in your right hand, then touch the toes on your right foot.
  - place your rhythm stick in your neighbor's left hand, while the person on your left places his/her stick in your left hand.
  - switch the stick to your right hand and get ready to begin again.
2. **Touch toes, knees, shoulders, up**—with both sticks, touch both toes; touch both knees; then touch both shoulders; finally, stretch your arms straight up over your head.



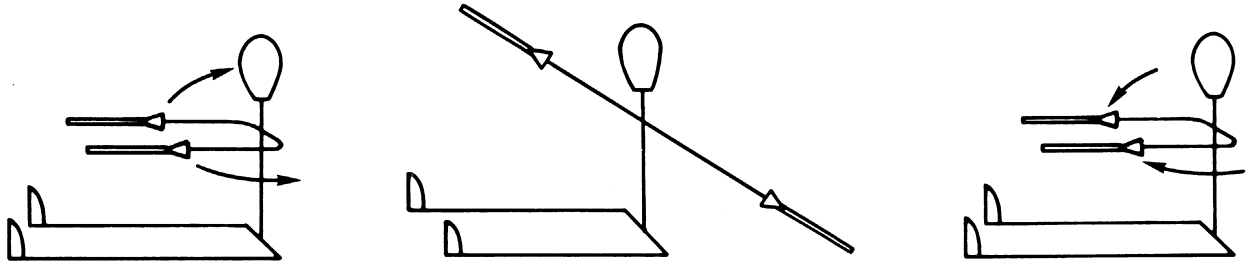
3. **Circle wind-ups** with arm bent at elbow and held at side, stick in hand, make lasso-type movements.
4. **Right toe, fan back**—with stick in right hand, arm held straight and parallel to the floor, touch right toe twice; then stretch arm straight overhead and behind, touching the ground.
5. **Straight toes, straight shoulders**—with sticks in both hands, touch toes twice, then touch shoulders twice.
6. **Straight toes, crisscross shoulders**—with sticks in both hands, touch toes twice; then cross arms and touch shoulders twice.



7. **Crisscross toes, crisscross shoulders**—with arms crossed, sticks in both hands, touch toes twice, then shoulders twice.
8. **Hip walk in, hip walk out**—with arms bent at sides, holding both sticks straight out, move in toward the center of the circle using alternate hip movements; then move out of the center using same movements backwards.

\* Rhythm Sticks are available 24 to a package from Educational Activities, P.O. Box 392, Freeport, N.Y. 11520

9. **Bent arm robot**—with arms held straight out in front, sticks in both hands, bend right arm up at elbow, then bend left arm up at elbow; straighten right arm parallel to floor, then straighten left arm parallel to floor.
10. **Bent arm robot up**—start with arms held straight out in front, then bend right arm up to shoulder; bend left arm up to shoulder; extend right arm straight overhead; extend left arm straight overhead; then bring right arm back down to shoulder; bring left arm back down to shoulder; extend right arm parallel to floor; extend left arm parallel to floor.
11. **Straight arm robot**—with arms straight overhead, sticks in both hands, bring right arm parallel to floor, then bring left arm parallel to floor; move right arm back up straight overhead, then move left arm back up straight overhead.
12. **Double fan out/double fan in**—with sticks in both hands and arms held straight out in front, move arms out to sides, then move arms back in front of chest.



13. **Bent arm robot with fan**—begin with movements for Bent arm robot (see above; bend arms up at elbow, then back down parallel to floor), then move arms out to side and back in front of chest.
14. **Straight arm robot with sideward fan down**—begin with movements for **Straight arm robot** (see above; with arms held overhead, bring arms down parallel to floor, then back up overhead), then move right arm down sideward to shoulder level, move left arm down sideward to shoulder level; bring right arm up sideward overhead then left arm sideward overhead.
15. **Straight knees, overhead fan**—while lying down with sticks in both hands, touch both knees, then move arms straight back over head and touch the ground behind you.



16. **Straight knees, overhead fan**—(sitting)— in a sitting position, with sticks in both hands, touch both toes, then move straight arms up over head..
17. **Single side fan out/double side fan back**—with arms held straight in front, sticks in both hands, move right arm out to side, then move left arm out to side; then move both arms back together in front of body, parallel to ground.

# CIRCLE PASS

## (MUSIC — “TENNESSEE SATURDAY NIGHT”)

*This activity begins by using two sticks, then uses only one stick during the Circle pass.*

DIRECTIONS	COUNTS
1. <b>Introduction</b> —wait, with sticks ready, resting on knees	1-16
2. Beat sticks together 12 times	1-24
3. Freeze, getting ready to touch toes, knees, and shoulders with sticks held out in front	1-24
4. Touch sticks to toes Touch sticks to knees Touch sticks to shoulders Repeat actions of counts 1-16 2 more times	1-4 5-8 9-16 17-48
5. <b>Toes, knees, shoulders, up</b> Touch sticks to toes Touch sticks to knees Touch sticks to shoulders Extend sticks straight up in the air Repeat actions of counts 1-8 2 more times	1 and 2 3 and 4 5 and 6 7 and 8 9-24
6. Freeze: Children place stick in left hand on the floor between their legs, left palm up, right arm bent at elbow pointing straight up, ready for Circle pass	1-24
7. <b>Circle pass</b> Touch stick in right hand to left foot twice Touch stick to right foot twice Place stick in neighbor's left hand Switch stick to right hand	1-4 5-8 9-12 13-16
8. Pause, ready to repeat Circle pass	1-8
9. Repeat <b>Circle pass</b> and pause (Do this activity 2 times; during last pause, pick up both sticks)	1-48
10. Touch sticks to toes 2 times Touch sticks to knees 2 times Touch sticks to shoulders 2 times Extend sticks straight up in the air Repeat actions of counts 1-8 2 more times	1 and 2 3 and 4 5 and 6 7 and 8 9-24
11. Beat sticks together	1-8

# STOP & GO

## (MUSIC — “CHASE ME”)

*This activity begins by using two sticks, then uses only one stick during the Circle pass.*

*It also includes lying down and sitting up positions.*

DIRECTIONS	COUNTS
<b>Introduction</b> —wait, sticks in place for Double toe touch	1-16
1. <b>Double toe touch</b> —with arms straight and parallel to floor, touch sticks to toes 8 times	1-8
2. <b>Toes, knees, shoulders, up</b> Touch sticks to toes Touch sticks to knees Touch sticks to shoulders Extend sticks straight up in the air Repeat actions 3 more times	1 and 2 3 and 4 5 and 6 7 and 8 9-32
3. Freeze, ready for Circle pass (Place stick in left hand Otl floor between your legs; keep left palm up)	1-8
4. <b>Circle pass</b> Touch stick in right hand to left foot twice Touch stick to right foot twice Place stick in neighbor’s left palm Switch stick to right hand Repeat actions of Circle pass 7 more times	1 and 2 3 and 4 5 and 6 7 and 8 9-64
5. Freeze (pick up both sticks and get ready to touch toes and shoulders)	1-8
6. Touch sticks to toes Touch sticks to shoulders Repeat this activity 5 more times	1 and 2 3 and 4 5-24
7. Freeze, with arms parallel to floor	1-4
8 <b>Bent arm robot</b> —with arms parallel to floor, bend right arm up at the elbow Bend left arm up at the elbow Straighten right arm parallel to floor Then left arm parallel to floor Repeat this activity 3 more times	2 3 4 5-16
9. Freeze, getting ready to touch Toes, knees, shoulders, up	1-8

# **STOP & GO** (continued)

## **(MUSIC — “CHASE ME”)**

- |   |         |
|---|---------|
| <b>10. Toes, knees, shoulders, up</b>   |         |
| Touch sticks to toes  | 1 and 2 |
| Touch sticks to knees   | 3 and 4 |
| Touch sticks to shoulders   | 5 and 6 |
| Extend sticks straight up in the air  | 7 and 8 |
| Repeat this activity 3 more times   | 9-32    |
| <b>11. Freeze, get in a lying down position flat on backs, both sticks straight overhead</b>          | 1-8     |
| <b>12. Straight knees, overhead fan</b>   |         |
| Making an arc-like pattern, touch sticks to knees twice   | 1 and 2 |
| Extend sticks straight overhead   | 3 and 4 |
| Repeat this activity 5 more times   | 5-24    |
| <b>13. Return to sitting position, place stick in left hand to side and get ready for Circle pass</b> | 1-12    |
| <b>14. Circle pass</b>  | 1-64    |
| Repeat this activity until song ends (8 times)  |         |

# HIP WALK

## (MUSIC — “12TH STREET RAG”)

*Designate children in the circle “A ‘s” and “B’s”.*

*Begin with one stick for Circle pass and Circle wind-ups, then use two stick\* for the rest of the routine.*

DIRECTIONS	COUNTS
<b>Introduction</b> —children should be holding one stick ready for Circle pass, left palm up	1-8
<b>1. Circle pass</b> Touch stick in right hand to left foot twice Touch stick to right foot twice Place stick in neighbor’s left palm Switch stick to right hand Repeat Circle pass 3 more times; on the last time pick up both sticks	1 and 2 3 and 4 5 and 6 7 and 8 9-32
<b>2. Touch sticks to toes</b> Touch sticks to knees Touch sticks to shoulders Extend sticks straight overhead Repeat activity 3 more times	2 3 4 5-16
<b>3. Touch sticks to toes twice</b> Touch sticks to knees twice Touch sticks to shoulders twice Extend sticks straight overhead	1 and 2 3 and 4 5 and 6 7 and 8
<b>4. Touch sticks to toes</b> Touch sticks to knees Touch sticks to shoulders Extend sticks straight overhead Repeat this activity once more	2 3 4 5-8
<b>5. Circle wind-ups</b> —with stick in right hand, arm bent at elbow and held to the side, make a circle motion like a lasso	1-8
<b>6. Straight toes, straight shoulders</b> —with both sticks, Touch toes twice Touch shoulders twice Repeat activity 2 more times	1 and 2 3 and 4 5-12
<b>7. Crisscross toes, crisscross shoulders</b> —with arms crossed and sticks in both hands, Touch toes twice (right hand to left toes, left hand to right) Touch shoulders twice Repeat activity 2 more times	1 and 2 3 and 4 5-12

# HIP WALK (continued)

## (MUSIC — “12TH STREET RAG”)

- |  |                                |
|--|--------------------------------|
| 8. “A’s” lie down on floor (“B’s” remain seated)   | 1-4                            |
| 9. “B’s” touch sticks to toes, arms straight (“A’s” touch knees)<br>Both groups touch sticks to shoulders, crisscrossing arms<br>Repeat activity 2 more times  | 1 and 2<br>3 and 4<br>5-12     |
| 10. “A’s” return to sitting position, “B’s” lie down   | 1-4                            |
| 11. “A’s” touch sticks to toes, crisscrossing arms (“B’s” touch knees)<br>Both groups touch sticks to shoulders, right to right and<br>left to left<br>Repeat activity 2 more times  | 1 and 2<br><br>3 and 4<br>5-12 |
| 12. “A’s” lie down while “B’s” return to sitting position  | 1-4                            |
| 13. Beat sticks together 12 times  | 1-12                           |
| 14. Circle pass (everyone) 3 times   | 1-24                           |
| 15. <b>Hip walk</b> into center of circle—with arms bent at sides<br>holding sticks out in front, move in towards the center of circle<br>using alternate hip movements;<br>Move with right hip<br>Move with left hip<br>Move with right hip<br>Move with left hip | <br><br><br><br>2<br>3<br>4    |
| 16. <b>Hip walk</b> out of the center—same alternate motion as above,<br>only done in reverse;<br>Move back with right hip<br>Move back with left hip<br>Move back with right hip<br>Move back with left hip   | <br><br><br>2<br>3<br>4        |
| 17. <b>Circle pass</b> two times   | 1-16                           |

# THE ROBOT

## (MUSIC — “DOUBLE DUTCH BUS”)

*Designate children “A’s” and “B’s” in circle formation.  
Begin with two sticks; then use one stick for Circle pass and Right toe, fan back.*

<b>DIRECTIONS</b>	<b>COUNTS</b>
1. Touch sticks to shoulders 8 times	1-8
2. <b>Double toe touch</b> —with arms straight and parallel to floor, to floor, touch sticks to toes 8 times	1-8
3. Touch sticks to shoulders Touch sticks to toes Repeat activity 3 more times	2 3 8
4. <b>Bent arm robot</b> —with arms parallel to floor, bend right arm up at elbow bend left arm up at elbow straighten right arm straighten left arm Repeat activity	2 3 4 5-8
5. Touch sticks to shoulders Touch sticks to toes Repeat activity 3 more times	2 3-8
6. Right toe, fan back—with stick in right hand, arm straight, touch right toe twice; Then stretch arm straight overhead and behind, touching ground Repeat activity 3 more times	1 and 2 3 and 4 5-16
7. <b>Circle pass</b> —place stick in left hand down on floor between legs, left palm up Touch stick to left foot Touch stick to right foot Place stick in neighbor’s left hand Switch stick to right hand Repeat activity 5 more times; then pick up both sticks	1 and 2 3 and 4 5 and 6 7 and 8 9-48
8. “A’s” lie down “B’s” lie down	1-4 5-8
9. <b>Crisscross knees, crisscross shoulders</b> — with sticks in both hands Touch sticks to knees, crossing arms (right hand to left knee, left hand to right) Then crisscross arms to touch shoulders Repeat activity 3 more times	1 and 2 3 and 4 5-16

10. "A's" sit up	1-4
"B's" stay lying down	5-8
11. <b>Crisscross toes, crisscross shoulders</b> —"A's") with arms crossed and sticks in both hands, touch toes twice, Then shoulders twice ("B's" touch knees and shoulders) Repeat activity 3 more times	1 and 2 3 and 4 5-16
12. "A's" lie down ("B's" stay down)	1-8
13. <b>Straight knees, overhead fan</b> —with sticks in both hands, lying down, touch both knees twice then move arms straight overhead and touch the ground behind 3 and 4 Repeat activity 7 more times	1 and 2 5-32
14. Everyone sit up, arms parallel to ground	1-4
15. <b>Double toe touch</b> —with arms straight and parallel to the floor, touch both sticks to toes 8 times	1-8
16. Touch sticks to shoulders Touch sticks to toes Repeat activity 7 more times	2 3-16
17. <b>Circle pass</b> six times	1-48
18. <b>Straight toes, crisscross shoulders</b> —with sticks in both hands, touch toes twice Then cross arms to touch shoulders Repeat activity 5 more times	1 and 2 3 and 4 5-24
19. Everyone lie down	1-4
20. <b>Straight knees, overhead fan</b> 6 times	1-24
21. Everyone sit up	1-4
22. Touch sticks to shoulders Touch sticks to toes Repeat activity 7 more times	2 3-16
23. <b>Bent arm robot</b> 3 times	1- 12
24. <b>Double fan out/double fan in</b> —with sticks in both hands and arms straight in front, Move arms out to sides; arms will be across your neighbor's chest Then move arms back in front of chest, still parallel to floor Repeat activity 2 more times	1-4 5-8 9-24

# STIXERCISE

## (MUSIC—"ROCKIN ROBIN")

*This activity begins by using two sticks, then uses one stick for the Circle pass;  
it also includes sit-ups and trunk twisting activities.*

<b>DIRECTIONS</b>	<b>COUNTS</b>
1. Beat sticks together 16 times	1-16
2. Touch sticks to toes	
Touch sticks to knees	2
Touch sticks to shoulders	3
Extend sticks straight overhead	4
Repeat activity 3 more times	5-16
3. <b>Circle pass</b> —lay stick in left hand down between legs, left palm up at your side	
Touch stick in right hand to left foot	
Touch stick to right foot	2
Place stick in neighbor's palm	3
Switch stick to right hand	4
Repeat activity 7 more times	5-32
4. <b>Bent arm robot up</b> —start with arms extended in front of you, then bend right arm up to shoulder	
bend left arm up to shoulder	and
extend right arm straight overhead	2
extend left arm overhead	and
Then, bring right arm back down to shoulder	3
bring left arm back down to shoulder	and
extend right arm straight, parallel to floor	4
extend left arm straight, parallel to floor	and
Repeat activity 3 more times	5-16
5. <b>Circle trunk twist</b> —with elbows at sides, twist at the waist to the left	
then twist to the right	2
Repeat activity 5 more times	3-12
6. Touch sticks to toes twice	
Touch sticks to shoulders twice	2
Repeat activity 3 more times	3-8
7. Freeze, placing one stick down for Circle pass	1-4
8. <b>Circle pass</b> 4 times	1-16
9. Everyone lie down flat on backs with sticks straight overhead	1-4

# **STIXERCISE** (continued)

## **(MUSIC—"ROCKIN ROBIN")**

- |   |         |
|---|---------|
| 10. Sit-ups—everyone sit up and extend sticks straight in front to toes       | 1-4     |
| Everyone lie down, sticks straight overhead                                   | 5-8     |
| Repeat activity 3 more times  | 9-32    |
| 11. Straight knees, overhead fan—Still lying down, touch sticks to knees      | 1 and 2 |
| Move arms overhead and touch ground behind you                                | 3 and 4 |
| Repeat activity 3 more times  | 5-16    |
| 12. Everyone sit up   | 1-4     |
| 13. With arms straight, parallel to floor, touch sticks to toes twice 8 times | 1-8     |
| 14. Bent arm robot up 4 times   | 1-1     |
| 15. Circle trunk twist 8 times  | 1-8     |
| 16. Circle pass 2 times   | 1-8     |

# THE DOUBLE FAN

## (MUSIC — “ABRACADABRA”)

*This routine is excellent for strengthening the arms and upper body.  
Designate children “A’s” and “B’s”. Begin with two sticks.*

<b>DIRECTIONS</b>	<b>COUNTS</b>
1. With arms straight, parallel to floor, touch sticks to toes 16 times	1-16
2. <b>Bent arm robot with fan</b> —with arms extended in front, Bend right arm up at elbow Bend left arm up at elbow Straighten right arm parallel to floor Straighten left arm parallel to floor Move arms out to sides (arms will be across your neighbor’s chest) Move arms back in front of you, extended Repeat activity 3 more times	2 3 4 5-8 9-12 13-48
3. With arms straight, parallel to floor, touch sticks to toes 16 times	1-16
4. <b>Circle pass</b> —place stick in left hand down on floor between your legs, left palm up Touch stick in right hand to left foot twice Touch stick to right foot twice Place stick in neighbor’s left hand Pass stick to right hand Repeat activity 3 more times; the last time pick up both sticks	1 and 2 3 and 4 5 and 6 7 and 8 9 32
5. “B’s” lie down: “A’s” remain seated	1-4
6. Touch sticks to toes twice (“A’s”); touch sticks to knees (“B’s”) Touch sticks to shoulders (everyone) Repeat activity 4 more times	1 and 2 3 and 4 5-20
7. <b>Crisscross toes, crisscross shoulders</b> —with arms crossed and sticks in both hands, “A’s” touch toes twice (right hand to left toes, left hand to right toes); “B’s” crisscross to knees Touch shoulders twice (same crisscross motion as above) Repeat activity 3 more times	1 and 2 3 and 4 5-16
8. “A’s” lie down: “B’s” sit up	1-4
9. “B’s” touch sticks to toes twice, “A’s” touch knees Touch sticks to shoulders twice Repeat activity 4 more times	1 and 3 and 4 5-20

10. Both groups sit up	1-4
11. <b>Circle pass</b> 5 times	1-40
12. With both sticks, touch toes	
Touch knees	2
Touch shoulders	3
Extend sticks straight overhead	4
Repeat activity 5 more times	5-24
13. “A’s” lie down: “B’s” sit up	1-4
14. <b>Straight knees, overhead fan</b> —with sticks in both hands, both groups touch knees twice, then extend sticks straight up overhead	1 and 2 3 and 4
Repeat activity 4 more times	5-20
15. “B’s” lie down, “A’s” remain seated	1-4
16. <b>Straight knees, overhead fan</b> 5 times	1-20
17. Both groups sit up	1-4
18. With both sticks, touch toes	
Touch knees	2
Touch shoulders	3
Extend sticks straight up overhead	4
Repeat activity 4 more times	5-20
19. <b>Straight arm robot with sideward fan down</b> — with arms straight overhead, sticks in both hands, bring right arm parallel to floor	
Then bring left arm parallel to floor	2
Move right arm back up straight overhead	3
Move left arm up straight overhead	4
Move right arm down sideward to shoulder level	5 and 6
Move left arm down sideward to shoulder level	7 and 8
Return right arm straight up overhead	9 and 10
Return left arm straight up overhead	11 and 12
Repeat activity 3 more times	13-48
20. Touch sticks to toes 16 times	1-16
21. <b>Single side fan out/double side fan back</b> — with arms straight out in front, move left arm out to side	1-4
Move right arm out to side	5-8
Move both arms back straight ahead at the same time	9-12
Repeat activity 3 more times	13-48

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