

Grade 5

Lesson 2

Lesson plan

Lesson theme	Target practice	Grade	5
Duration	30 to 40 minutes	Date/week	
Context			
<ul style="list-style-type: none">Getting more physically activeWays in which to improve health and wellness.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Learning fun ways to get physically active.		<ul style="list-style-type: none">Learning how to lead a healthier lifestyle.	
Core knowledge			
<ul style="list-style-type: none">Knowledge of how to choreograph a dance sequenceUnderstanding that different cultural groups have preferred ways of dancing.			
Learning activities and assessment			
Group work:			
<ul style="list-style-type: none">Warm-upIn groups, learners choreograph a dance according to a certain genre of music they have chosen. Learners demonstrate and teach other learners their dancesCool-down.			
Individual work			
<ul style="list-style-type: none">Introduce the worksheet for lesson 2.			
Forms of assessment		Resources	
<ul style="list-style-type: none">Observe learners while they do the activitiesWorksheet.		<ul style="list-style-type: none">Music systemCDs including a variety of music genresTV (if you have footage of national dances being performed)Worksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to choreograph dances with friends or on their own, at home or on the playground.		<ul style="list-style-type: none">Learners appreciate dancing not only as an art form for expressing their emotions, but also as a form of physical activity that provides excellent health benefits.	

Grade 5

Lesson 2: Dance dynamics (30 to 40 minutes)

1 Outcomes

By the end of this lesson the learners should be able to:

- Perform a set dance sequence
- Choreograph and teach a short dance sequence
- Be able to explain 3 different cultural dances, 2 from South Africa and 1 from another country.

2 Teacher's corner

You may not be a dancer yourself, but this lesson does not rely on your expertise, but on how enthusiastic the learners are. In addition, the quality of the lesson could be improved if you have access to a TV and a DVD of national dances from other countries.

3 Activities

For lesson 2, you'll need the following equipment:

- Music system
- CDs including a variety of music genres
- TV (if you have footage of national dances being performed).

Activity 1: Warm-up (5 minutes)

Choose a warm-up exercise from the list of warm-up and cool-down exercises.

Activity 2: Choreography (10 minutes)

Divide the class into groups of about 6. It may be a good idea to group the boys separately from the girls.

- Allocate a different genre of dance for each group. For example, hip-hop, jazz, contemporary or ballet. This can be done by placing the name of each genre in a hat and letting a representative from each group choose 1
- Try to cover 6 genres of dancing in your class and probe the learners' understanding of their dance
- Instruct each group to choreograph a dance according to the genre they have chosen.

Tips for activity 2:

You may have some resistance from the boys, so get their interest by explaining that there are dances that only men participate in, such as the Haka or gumboot dancing. Alternatively, the boys may want to do hip-hop, which requires some strength and gives them an opportunity to show off a bit. They can even make up a rap song with words related to the lesson to match their dance moves.

Activity 3: Team teach (15 minutes)

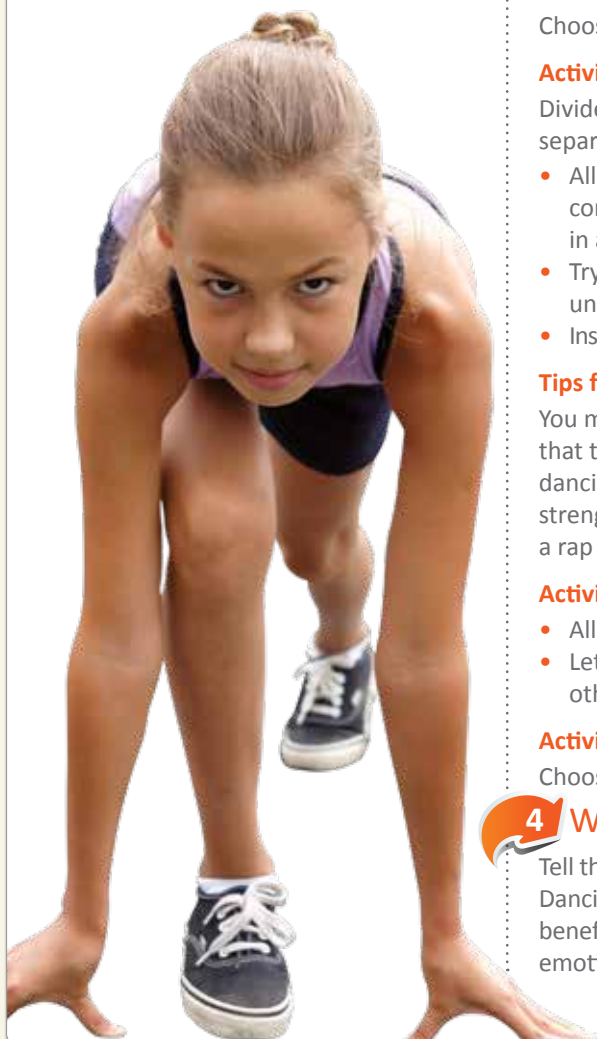
- Allow each group to demonstrate their dance to the class
- Let the class vote on the best 2 dances and have the winning teams teach the other learners their dance.

Activity 4: Cool-down (3 minutes)

Choose a cool-down exercise from the list of warm-up and cool-down exercises.

4 Wrap-up (2 minutes)

Tell the learners that different countries and cultures have different dances. Dancing is a form of physical activity and therefore provides excellent health benefits. In addition, dance is an art form and an outlet for expressing feelings and emotions. Introduce the worksheet for lesson 2.



Grade 5

Name: _____

Worksheet: Grade 5, lesson 2

Task one: South African dances

Select a cultural group from South Africa that is not your own. Visit the library or search the internet for information on this cultural group's preferred dance.

Answer the following questions

1. What is worn when doing the dance? _____

2. When do they do the dance? _____

3. Why do they do the dance? _____

4. Is the dance for the whole cultural group or only for a few selected members? _____

5. Either draw or find a picture of someone from this culture doing a cultural dance.