International Dance
Sample Lesson Plan:

Week One - West African Dance

Description: Africa is the cradle of civilization therefore we will begin with a dance and song from Guinea, West Africa called "Kou Kou." It is a dance done to celebrate children's rites of passage into adulthood. This is a group dance with coordinated movements performed to drums and upon mastery students may perform a solo in which they combine the traditional movements with their own. Children will also be shown a map of the continent of Africa and of Guinea and will learn about Guinea’s 3 major ethnic groups, the Fulani, Sousou and Malinke.

Methodology

I. Introduction and ice breaker
II. Where is Africa and Guinea?
III. The people of Guinea
IV. What is Kou Kou?
V. Stretching and warm up
VI. Basic instruction of choreography
VII. Rehearse and repeat
VIII. Cool down and stretch

Standards Met:
• Demonstrates refined understanding of warm up sequences characteristic of a specific dance technique.
• Demonstrates coordination, flexibility and strength
• Demonstrates a comprehensive understanding of the elements of movement and dance technique principles
• Describes and demonstrates aesthetic qualities particular to various styles of dance
• Demonstrates technical proficiency in the performance of various dance styles
• Integrates dance with other arts, sciences and humanities
• Compares and contrasts two form of non-Western dance