

**Lesson Plan**  
**Cultural Dance: *Funga Alafia***  
**Grade Level: 4**



**Description of Student Work:** Students will be able to discuss and recognize two social/cultural dances and relate those dances to their own personal background.

Students will write a journal reflection answering the following prompts:

- What can each dance (*Funga Alafia* and the *Electric Slide*) tell you about their culture?
- How does the music influence each dance?
- Do you have any dances that are similar in your family/culture?

**Standards or Outcomes Met by Student Work:**

DA:Pr4.1.4b

Accompany other dancers using a variety of percussive instruments and sounds. Respond in movement to even and uneven rhythms. Recognize and respond to tempo changes as they occur in dance and music.

DA:Re7.1.4b

Demonstrate and explain how dance styles differ within a genre or within a cultural movement practice.

DA:Cn10.1.4a

Relate the main idea or content in a dance to other experiences. Explain how the main idea of a dance is similar to or different from one's own experiences, relationships, ideas or perspectives.

**Assessment Criteria/Documentation:**

- Movement of each dance is learned and performed for peers/Video documentation
- Verbal explanation of similarities and differences between each dance
- Written reflection of dance experience

**Teaching Required**

**Assessing Prior Knowledge/Warm-up Activity**

Ask students the following:

- What is a culture?
- What are some things people do that can give us insight to their culture?  
(ie. food, music, dance, clothing, religion, etc)

**Exploring New Knowledge**

- Introduce some background information about the dance *Funga Alafia*
- Teach students the dance *Funga Alafia*
- Introduce some background information about the dance the *Electric Slide*
- Teach students the dance the *Electric Slide*
- Following each learning experience, students will break up into 2 small groups and perform one of the two dances for their classmates

### **Cool Down / Reflection on Student Learning**

Reflection/Class Discussion:

- What can dance tell us about one's culture?
- How did you feel when you participating in one of the dances (*Funga Alafia* or *Electric Slide*)?
- Do you have any dances in your culture that make you think of these dances?
- For homework, students journal about their reflection.

### **Resources Needed:**

- CDs & CD Player
- TV/DVD/DVD Player
- Video recording device

**The NCAS Standards in Dance Resources** include lessons, units, Model Cornerstone Assessments (MCAs), and curriculum maps as well as guidance documents to help you understand and implement the National Core Arts Standards for Dance. Contributors include members of the dance standards writing and leadership teams and participants in the OPDI courses Implementing the National Core Dance Standards for Dance and Developing Cornerstone Assessments for the New Dance Standards. The contributor's name and bio is provided at the end of each document. Contributors represent all NDEO sectors, teaching in K-12, Higher Education, Private Studio, and Community and Performing Arts organizations. This cross sector representation demonstrates that the standards provide essential content to all constituents.

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**Educator Bio: Caryn Cooper** is an arts administrator, educator and performer from Long Island, NY. She began her dance training at a young age studying ballet in the Royal Academy of Dance (RAD) technique and other dance forms such as tap, jazz, hip hop, modern and West African. She has had the opportunity to perform at various venues in the Greater New York City Area including, Radio City Music Hall, Tilles Center for the Performing Arts, the 92Y, Ailey CitiGroup Theater, Central Park, and The Wild Project. Administratively, she has worked for a number of arts organizations including Alvin Ailey American Dance Theater, Ballet Hispanico, and the New York City Center. Currently at Flushing Council on Culture and the Arts, she works to plan arts education programs for schools and seniors in underserved communities throughout Queens and the New York City Metropolitan area. Caryn is currently a Moving for Life Certified Instructor (MFLCI) where she uses dance to help breast cancer recovery patients and those dealing with pain caused by chronic illnesses. She is currently pursuing a certification as a BodyMind Dancing (BMD) Instructor, under the direction of Dr. Martha Eddy, to guide students as they reflect and learn about the 3-dimensionality and repatterning of the body. Caryn is a member of Americans for the Arts, the National Dance Education Organization (NDEO), the New York State Dance Education Association (NYSDEA), and sits on the Young Professionals Committee of The Possibility Project and the Board of Trustees for Moving for Life, Inc. She is also a Contributing writer for BroadwayWorld Dance. She is also the proud recipient of the 2016 Field Diversity Award and the 2017 Jessica Wilt Memorial Scholarship through the Americans for the Arts.