

Title: Samba

Grade Level: K-5

Objective: Students will be exploring global culture through dance, and will be able to demonstrate an expanding interest and knowledge of cultural art forms around the world.



Lesson Plan

Materials: Speaker or amplifier, Samba music:

<https://www.youtube.com/watch?v=bqao21cZ5nM>

Opening Activity: Beyonce's MOVE YOUR BODY! Warm up as a group with this video: https://www.youtube.com/watch?v=wUvLvzqoX_Q Then, have members imagine that you are in a beautiful, colorful costume: perhaps you are wearing a gown covered in shiny rhinestones, with a GIANT feathered headdress and high heels! Perhaps you are in black pants with a color print shirt and a hat with a BIG feather in it- you are ready for Carnival! Time to learn SAMBA!

Core Activity:

- The basic Samba step is a step ball change. Demonstrate this by stepping slightly back on the right foot, bouncing lightly up on the ball of the left foot, and sinking into the straight right leg. Then, step left (back), bounce right (bent leg), sink left.
- Work on this basic Samba step slowly 12 times with students, then practice it slightly faster 12 times and finally practice the step at full speed.
- Challenge students to travel across the classroom with this step in rows of 3 students, one row at a time. Moving FORWARD with samba, which is basically a backwards step, is really a challenge!
- Teach them the arms: arms swing in a circular path in front of the upper body and out to the side. The arm that swings in front of the body is the SAME as the leg stepping back: so when the RIGHT LEG steps behind, the RIGHT ARM is forward. When the LEFT LEG steps behind, the LEFT ARM is forward.
- Start by adding the arms slowly, 12 times.
- Challenge students to travel with this full basic step (both leg and arm movements) across the classroom in rows of 3 students, one row at a time.

Reflection: What is the mood expressed by the Samba? Do you think it is a good choice of dance for a festival? Why or why not?