Jarabe Tapatio (Mexican Hat Dance)

**Description of Idea**

El Jarabe Tapatio is one of the most beloved dances performed in Mexico. It originated in the state of Jalisco and is a courting dance. The steps below vary somewhat from the authentic dance. However, the style and emotion of the dance remain the same.

**Grade Level:** 3rd-5th

**Materials Needed:** CD player, Jarabe Tapatio music.

**Subject Area:** Physical Education/Hispanic heritage

**Purpose of Activity:** To learn the dance often considered the national dance of Mexico. To learn words from the Spanish language and facts about the country of Mexico.

**Standards**

S1.E1.3 Hopping, galloping, running, sliding, skipping, leaping Leaps using a mature pattern.

S1.E5.3\* Rhythmic activities/dance Performs teacher-selected and developmentally appropriate rhythmic activities/dance steps and movement patterns.

S1.E7.3 Balance Balances on different bases of support, demonstrating muscular tension and extensions of free body parts.

**Objectives:**

Students will show respect for all peers while working cooperatively with others to strengthen abilities.

Students will be able to listen for instruction from teacher and will be able to perform instruction given by teacher.

**Learning Objectives:**

Warm up- Play Hispanic music and allow the students to dance around the gym freely.

Anticipatory set- Gather all the students in a circle in the middle of the gym and explain to them what the Mexican bean dance is and why it is important to the Mexican culture. I will then demonstrate all the moves in the dance. Once I have shown the dance a few times I will allow the students to practice for a few minutes.

Main activity- I will play Jarabe Tapatio music and I will allow the students to dance the Mexican bean dance while being creative and adding in a few of their favorite dance moves.

Cool down- The students while walk one lap around the gym while listening to Mexican music, then they will lineup at the door.

**Assessment:**

Observe the students abilities to follow directions. Observe how well the students could perform the body mechanics throughout the activity. Help students that need extra help. How can I get all the students engaged in the activity?

**Reflection:**

What did I do well? What could I do better? How could I adapt the activity so that all students can have success?