**Navaho dance**

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

**Materials Needed:** Shakers, wrist bands or some type of musical instrument for each student to hold and use during the movements. Drum for the teacher to use to create a steady rhythm.

**Subject area:**  Physical Education/Native American Heritage

**Purpose of Activity:**  Students will learn a dance based on a Navaho dance, basic historical facts about some Native American tribes and words from the Cherokee language.

**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 Activities:**

Warm up- All the students will be on the baseline of the gym. I will show them a few Navaho dance moves. After the students now the dance moves I will play music for 5-8 minutes and allow the students to dance freely around the gym.

Anticipatory set- I will give each student one instrument after every student has an instrument I will tell them that when I put one finger in the air the instruments must be quiet. I will then have all the students line up in a circle formation. I will allow the students to play their interments for a few seconds as loud as they want too. Then I will put one figure in the air signaling the students to stop playing their instrument.

Main activity- I will divide the class into two groups, one group will play instruments while standing in a circle, the other group will be in the center of the circle dancing to the music using the dance moves that they just learned.

Cool down- I will have all the students walk over and put their instruments back and tell them to line up 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?