

Health and Wellness: Biggest Generation Part 5

Lesson Title: Move to the Music: Zumba!

Grade Level: 3-5



Essential Question:

How is dancing a form of exercise?

Materials:

- Open space for movement
- Computer access to open the [Zumba Video https://www.youtube.com/watch?v=1RNddq9ICWQ](https://www.youtube.com/watch?v=1RNddq9ICWQ)
- Selection of Latin-inspired music

Note:

Teachers should pre-watch this video and pre-load to the computer to avoid buffering and assure uninterrupted streaming of this YouTube segment.

Procedure:

Introduction:

1. Begin the lesson by introducing Part 5 of THE BIGGEST GENERATION: Kids have to be taught that all the little choices count. A smaller serving size can make all the difference.
2. Ask students to define “little choices” and predict how they think it will be described in the video.
3. Watch the video.
4. Ask students to discuss the examples of “little choices” in the video. How do they compare to the little choices they can make in their everyday lives?
5. Discuss how they think of “serving sizes.” Do they think they eat too much of any food? Why or why not?

Direct Instruction (I do):

1. Share stories about the types of exercise you do in your life.
2. Ask students whether they think dancing is a form of exercise or not and have them explain their answers.
3. Tell students to consider the last session on heart rate and how increased exercise increases heart rate. Do they think this happens when they dance or not? Why?
4. Assure them that whenever you have and anyone you know has danced, the heart rate increases.
5. Introduce the word Zumba and explain how students will learn a few Zumba moves in today's session. Explain to the class how Zumba is a great way to exercise that is enjoyable and keeps your body moving.
6. Watch the Zumba video, and show students your versions of some of the moves.

Guided Exploration (We do):

1. Have students move their desks to create an open space or take students to an open space, making sure a means to play the Zumba video and Zumba music is available.
2. Show the video again and have students follow the moves of the instructor. Remind them to check their pulses to see if they have increased.
3. Ask for volunteers to create and demonstrate their own Zumba-like moves.

Independent Practice (You do):

1. Now, split the class into small groups of four in order for each group to create their own Zumba routine. Each routine should include they are going to split up into small groups to create their own Zumba-like routines. Each group's routine should include these Zumba-like dance moves: step side to side; step front and back; march in place; walk in a circle and then circle back; raise and lower each arm, one at a time; raise and lower both arms together. (Add a clap!)
2. When time is up, call each group individually to the front of the classroom to teach the rest of the class their routine. Then have the class participate in the group's Zumba-like routine.

Conclusion:

Ask students how this lesson is like a "little choice" and if they now consider dancing exercise. Summarize the five sections and challenge students to monitor their healthy choices in terms of food and exercise.

Notes:
