<p style="text-align:center">Zumba with Cumbia</p>

<p style="text-align:center">https://www.canva.com/design/DAExtwD-dGg/U_6nMMqJln3NiSRrtek24Q/watch?utm_content=DAExtwD-dGg&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink</p>

Theme: Zumba

Curriculum Area: *Visual and Performing Arts / P.E.*

Activity: This lesson will incorporate different cultures into the classroom and allow students a more diverse experience of different genres of music and dance. Zumba, is a great way for students to experience different cultures, be engaged and active. It can also teach students that fitness and being active can be fun and educational.

Age of Children: 5th grade.

Materials Needed:
Open Space, speakers, ipod or phone for **Sigue la Cumbia-Zumba**

Developmental Objectives/Domains:
- 1.1 Demonstrate mental concentration and physical control in performing dance skills.
- 2.7 Demonstrate additional partner and group skills
  (e.g., imitating, leading/ following, mirroring, calling/responding, echoing).

- Students will learn physical coordination, mental strength, and focus.
- Students will learn how to follow instructions and gain a sense of discipline.

Procedure:

- Connect activity to Hispanic Heritage month and ask questions about Zumba and allow a brief discussion about what the class knows about Zumba and how it began.

- Students will learn 2 basic Cumbia steps:

  1. Cumbia basic forward and back: Step forward with left leg and proceed to step back with the same leg. Next incorporate a middle step with your right foot in between the forward and backwards step. Add hip movement with hands on hips.

  2. Cumbia sleepy leg or candlestick: start with one hand on your hip and the other in the air like a tea pot spout or candlestick on your hand. Then you are going to step together, step-together four times to the left then four times to the right.

Reference:

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjw86_OzL70AhUlHzQIHS3jB0YQFnoECCAQAQ&url=https%3A%2F%2Fwww.livestrong.com%2Farticle%2F339452-origins-of-zumba%2F&usg=AOvVaw0sr61cYTPVkbGPLsJMegiD