

# Dances of Mexico and the U.S.

## Summary

Students will experience the cultures of Mexico through music and dance while showing the ability to others and their boundaries.

## Time Frame

5 class periods of 30 minutes each

## Group Size

Large Groups

## Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

## Materials

- T.V. and VCR
- CD Player
- CDs with Cultural music from Mexico and United States

## Background for Teachers

The teacher will need to review the video and learn the dances for the Mexican Mixer and the U.S. Hustle. The teacher can review other music on the CDs to find additional music.

## Intended Learning Outcomes

The student will learn more about the cultures of the United States and Mexico through music and dance. Students will be able to perform a dance from each country. Students will demonstrate an increased ability to respect others and their boundaries.

## Instructional Procedures

The teacher will review the concept of respect with the students. Students will give examples of how to show care and respect for someone who is learning a new skill. Students will also give examples of how to respect the boundaries of another person while practicing and performing a dance. The teacher will teach the students the movements for each of the two dances in small segments until the dances have been mastered.

## Strategies for Diverse Learners

Have students pair up to help others. Make teaching segments smaller.

## Extensions

Additional dances could be taught.  
Students bring in music and dances from other countries.  
Students create their own dances.

## Assessment Plan

Students will be assessed on participation in the class and being able to perform the dances.

## Rubrics

[Dance Rubric](#)

## Bibliography

Weikart, Phyllis S., Beginning Folk Dances, Video #3, Mexican Mixer (Mexico), The Hustle (U.S.A.) High/Scope Press, 1988. ISBN 0-929816-36-6

Chappelle, Eric, Music for Creative Dance, Volume II, Ravenna Ventures, Inc. 1994.

## Authors

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