Lesson Plan: Ancient Chinese Folk Dance: Lion Dance

**OBJECTIVES**

Participating in the lion dance is to have knowledge of the traditions carried on from Ancient China. The students would have researched on the history of the lion dance as part of the Ancient China unit. This is a follow-up activity on their research.

**TARGET GROUP**

Grades 6/7

**PLOs**

Grade 6/7 (Physical Education):

B1 practise learned non-locomotor, locomotor, and manipulative movement skills in order to improve (Grade 6)

B3 perform sequences using learned non-locomotor, locomotor, and manipulative movement skills, demonstrating effective use of qualities of movement (e.g., speed, force, flow) (Grade 7)

C1 demonstrate safe procedures for specific physical activities (e.g., wearing safe attire for the activity, safe use of equipment and facilities, participating in warmup and cooldown appropriate to the activity) (Grade 6)

C1 apply safe procedures for specific physical activities (Grade 7)

C2 model fair play in all aspects of physical activity (Grade 6/7)

Grade 6/7 (Social Studies):

B3 relate a society’s artistic expression to its culture (Grade 6)

E1 assess the relationship between cultures and their environments (Grade 6)

B3 identify influences and contributions of ancient societies to present-day cultures (Grade 7)

**PROCEDURE**

As a follow-up activity, the students have prior knowledge that they have researched on the history of the lion dance. As part of their Ancient China unit, the students will be given 10-15 minutes to create
and practice a lion dance, separated into groups of 5 (29 students = 5 groups of 5, 1 group of 4). Each student will be their own lion with lion masks that they would have created in a previous activity. Each group will be provided with the tune of the traditional lion dance (https://www.youtube.com/watch?v=z3N4L8i1R4), only required to compose a 1-2 minute dance for it. The students will dance in unison based on a choreography that they will design within their groups. After the prep time is up, each group will present their dance to the class, which will take roughly 6-12 minutes depending on the length of their dance. The students will later on debrief and discuss their reasons on why they chose to do the choreography the way they did.

**TIME / DURATION**

45 minutes (15-20 minutes prep for creation of lion dance, 1-2 minutes each group for performances = 6-12 minutes, 10-20 minutes for debrief): This activity may extend to two lessons (90 minutes) in order to allow for extended creativity

**MATERIALS / SUPPLIES**

Lion dance music (https://www.youtube.com/watch?v=z3N4L8i1R4)

Lion masks/costumes (Art activity each individual student would have created)

Benches (for higher difficulty)

Mats (to surround the benches for safety)

**HOOK**

Instead of reading about the lion dance, they will be performing it. As they have done research on the activity, they are able to apply their research in action. Being able to count for movement and self-expression.

**CLOSURE**

Based on the information obtained and the personal experience they have on performing the lion dance, they will learn more about the ancient civilization and how certain traditions part of ancient Chinese culture still exist.

**ASSESSMENT**

Students will be assessed based on their abilities to work together, their knowledge on the subject of the lion dance, being able to perform choreography that they will create, and their ability to perform the activity successfully.
EXTENSIONS

If instruments were available, allow the students to play their own music for the lion dance (drums and cymbals). Extra time will be needed (extend to two blocks; 90 min). The students will be able to do a modern modification to the traditional lion dance in order to refine their creativity.

ADAPTATIONS / MODIFICATIONS

If students do not have their own lion costumes/masks made, provide masks for them. Instead of everyone having their own mask, each group will get two masks and there will be a head and a tail person for each lion, possibly a middle person as well. They will be required to stay connected to keep the lion’s body in tact while performing the lion dance. Teamwork will be required.

Evaluation

<table>
<thead>
<tr>
<th>Learning Outcomes</th>
<th>Needs Improvement</th>
<th>Satisfactory</th>
<th>Exceeding Expectations</th>
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<tbody>
<tr>
<td>Student is able to follow the rhythm</td>
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<tr>
<td>Student is participating</td>
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<tr>
<td>Student successfully works with other group members</td>
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<tr>
<td>Student is able to use proper footwork</td>
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<tr>
<td>Student is able to complete the set task in the amount of time given</td>
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**Rationale**

As a part of the ancient China unit, the students will be researching on the history of the lion dance. The purpose of this activity is to create an activity in which the students will learn firsthand a tradition passed on since ancient Chinese times. The performance of the lion dance for PE is a follow-up activity to the research the students have done in previous lessons. The lion dance will allow the students to take the research they have done into action, moving outside of the textbook and the written world. Creativity as well as physical movement is involved in the process of re-creating the lion dance. I believe that the students will be able to produce a traditional lion dance in a safe environment that the educator creates for them. Not only will they be able to express themselves, they will also be able to try on a different form of dance that may not be familiar to them. They will learn to balance, to be able to follow the beat of the music (either provided or made by the students themselves), as well as performing a sequence in a safe environment. Ancient China is well known for the vast cultural influences that still exist today. I believe that with the long history of China, not everything will be covered within the unit, so instead, I choose to focus on the traditions that still exist today so that the students may be able to connect to it easier. To study ancient civilizations, the students may not be able to find a connection to the cultures from the past, or they may not know that the past affects the present and the future. To choose activities that are in the past and the present will create awareness for the students of the influence history on today’s society. In addition, Chinese culture has a big role in our society as well and to know a bit more about the culture will aid in the cultural awareness for the students.