

Lesson Plan 4: Music and Movement

(Slide 20 accompanies this lesson)

Introduction

Filipinos love music and dancing. Their traditional dances are heavily influenced by the years they were governed by Spain. Every district has its own folk dance and festivals and local shows always include these folk dances.

'Tinikling' is considered the national folk dance with a pair of dancers hopping between two bamboo poles held just above the ground and other poles struck together in time to music. This dance is in fact a mimic of 'tikling birds' hopping over trees, grass stems or over bamboo traps set by farmers. Dancers perform this dance with remarkable grace and speed jumping between bamboo poles.

Popular Filipino instruments include gongs and guitars.

The children in the Children's home in Cebu often make their own musical instruments from recycled materials. They find metal bottle tops and flatten them and then put them on nails and fix the nails to a piece of wood to make a shaker.

Bahay Kubo is a traditional Filipino children's song. Bahay Kubo means 'Nipa Hut' in English. A 'nipa hut' is a hut made out of nipa (palm) leaves. The frame of the hut is built out of bamboo. The houses are square with no internal divisions, just windows and doors. The song 'bahay kubo' was composed when the first American teachers arrived in the Philippines to educate the Filipinos.

Goals

- To get the children to make a musical instrument from recycled material
- To learn a traditional Filipino dance and song

Resources

- Dried rice
- Small cardboard boxes or plastic containers with lids
- Lyrics to Bahay Kubo
- DVD of children in Cebu singing Bahay Kubo – MiA to provide

Depending on the location of your school, Mercy in Action could provide:

- Bamboo poles or sticks for dance
- Traditional costumes and fans

Activity

- Children can learn the tinikling dance
 - Children can learn the lyrics to the traditional song, Bahay Kubo (Nipa Hut)
 - The children can make their own musical instruments from recycled materials. Shakers can be made in a variety of ways. Here are a few examples:
 - Using dried rice in recycled plastic containers or cardboard boxes
 - Using milk bottle tops they can thread them onto wool with a large plastic needle;
 - Using coconut shells they can make a drum
- The lyrics and translation for Bahay Kubo are on the next page to be printed out for the children in your class

Bahay Kubo

Bahay kubo, kahit munti
Ang halaman doon, ay sari sari
Sinkamas at talong, sigarilyas at mani
Sitaw, bataw, patani.
Kundol, patola, upo't kalabasa
At saka mayroon pang labanos, mustasa
Sibuyas, kamatis, bawang at luya
Sa paligad - ligid ay puno ng linga

Translation:

My nipa hut is very small
But the plants that I grow are so healthy and tall.
Turnip and eggplant, winged bean and peanut
String bean, hyacinth bean, lima bean.
Wax gourd, sponge gourd, white squash and pumpkin,
Also radish, mustard,
Onion, tomato, garlic and ginger
And all around are sesame seeds.