



# Video Lesson Plan

## Excellent Work! How Anna Banana Freeze Became a Breakdancer



### Excellent Work! How Anna Banana Freeze Became a Breakdancer

[www.theNEDshow.com/lessonplans](http://www.theNEDshow.com/lessonplans) Length 4:30

Fides “Anna” Mabanta achieves her “secret dream” to be a professional dancer after she is introduced to a kind of dance called breakdancing. Now she’s dancing with one of the best breakdancing crews in the world! Her inspiring story of passion and effort demonstrates the incredible rewards that come with always doing your best.

#### BIG IDEAS To Reinforce



Personal Best, Effort,  
Doing Your Best,  
Practice

#### Student-Friendly Learning Target



I can recall information  
from the video and  
apply it to my current  
accomplishments and  
future dreams.

#### Core SKILLS

Speaking & Listening  
Interact with information  
presented in diverse media and  
formats.

Writing  
Organize an event sequence  
using descriptive language.

#### Build Background

#### Key Vocabulary

“Breakdancing” or *breaking* is a dance style that was created in New York City in the 1970s. It’s an acrobatic and competitive street dance with roots in hip hop culture. The dancers are often called *b-boys* or *b-girls*. Fides’ nickname, “Anna Banana Freeze”, comes from her mastery of *freezes* - a classic breaking pose where, using only upper body strength, one lifts and holds an acrobatic pose.

musicals  
b-girl/b-boy  
dance crew  
confirmation  
breaking (dance style)  
practice  
passion  
self-expression

#### Discussion Starters



Choose the appropriate questions for the learners in your classroom:

#### Remembering

What is breakdance?  
Anna was originally interested in musical theatre dancing. What got her interested in breaking?  
Where was one of the places Anna practiced?  
Recall two “light bulb moments” for Anna.

#### Understanding

How did she feel about her dancing at first?  
Why was Anna hesitant to learn to break dance?

#### Applying

How does the N, E and D of NED show up in Anna’s story.  
What is something that’s really difficult for you but you really enjoy doing anyway?  
How could you encourage someone to pursue their unique dream, like the encouragers in Anna’s life?  
After 16 years of dancing, Anna now describes it as her job. What are some of the forms this job takes?  
Name several types of dance styles.

#### Analyzing

Many dancers start their career far before they are teenagers. What did Anna have to do to overcome this obstacle?  
What importance did seeing musicals have on Anna?

*Continued...*



# Video Lesson Plan, Continued

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## Anna Banana Freeze, Continued...

- Evaluating** Describe the significant people and events who helped Anna on her journey. What are the benefits of not being great at something right away? What are the challenges?
- Creating** Name some other activities that require daily practice. Have you ever experienced a 'confirmation'? (give context) Paraphrase Anna's definition of excellence. Write your own definition of excellence. Anna says dancing is about creativity, expressing yourself, exploring, and giving your best effort. Could you add anything to that list?

### Writing Prompts



*Choose the appropriate prompt for the learners in your classroom:*

Draw a picture of yourself dancing. What would your dance name - your "b-name" - be? Write down a trait or step that you might need to become an excellent dancer, such as "practice" or "never giving up."

If you could ask Anna three questions, what would you want to ask her? Predict what you think her responses might be.

### Activities



*Choose the appropriate activity for the learners in your classroom:*

**Let's Dance!** Play a song with a beat and try your skills at break dancing. If floor space is limited, try foot-tapping and jumping. Don't give up! For an extra challenge, follow along with this short video that demonstrates basic breaking steps:

[www.wikihow.com/Do-the-6-Step-%28Breakdancing%29](http://www.wikihow.com/Do-the-6-Step-%28Breakdancing%29)

**Breaking into Dancing** Identify details of Anna's journey to reaching her secret dream of becoming a dancer. For the pre-write, complete a Sequence-of-Events Chart. Write about the *what*, *when*, *where*, *why* and *how* of each time period.



1. Childhood
2. Teenager
3. First Job
4. Dance Troupe
5. Dance Teacher

Use the information from the pre-write to write summary paragraphs.

Name: \_\_\_\_\_

Directions: Identify details of Anna's journey to reaching her secret dream of becoming a dancer. Write about the *what, when, where, why* and *how* of each time period.

**anna  
banana  
freeze**



**child-  
hood**

WHAT  
WHEN  
WHERE  
WHY  
HOW

**teenager**

WHAT  
WHEN  
WHERE  
WHY  
HOW

**first  
job**

WHAT  
WHEN  
WHERE  
WHY  
HOW

**dance  
troupe**

WHAT  
WHEN  
WHERE  
WHY  
HOW

**dance  
teacher**

WHAT  
WHEN  
WHERE  
WHY  
HOW