



HIPPODROME  
EDUCATION  
NETWORK



BIRMINGHAM  
HIPPODROME  
PROJECTS

# Learning and Participation Resource Pack

Around the World – North America  
(Mexico)

Suitable for Year 1 and 2



HIPPODROME  
EDUCATION  
NETWORK



BIRMINGHAM  
HIPPODROME  
PROJECTS

# Overview

This resource is the second in a six-part series of workshops based on travelling around the world. They are based upon a scheme of work created for Year 1 Children. In each resource, you will find tasks and activities to explore where the country is geographically and what we can learn about that country – whether it's the language, a game or a tradition! This pack is best used with an adult to support the pupil.

## Lesson Ideas

### Warm up/icebreakers

#### Warm Up 1: Transport Statues

*In this activity, think of as many modes of transport as you can and write a list. Once your list is created, choose one e.g. an aeroplane and see if you can:*

- Create a statue
- Create a movement
- Create a sound

#### Warm Up 2: Alphabet Soup

*In this activity, use your body to create shapes for the letters of the country we will be visiting today! This game can be used as a variation of Musical Statues too:*

**Step 1:** Move around the room to the music – look for traditional Mexican music for inspiration (See Resource 1 at the bottom of this pack!)

**Step 2:** When the music stops make the shape of your first letter (M) – try to use your whole body!

**Step 3:** Move around the room to the music and repeat until you have spelled all the letters... M E X I C O

### Task ideas/starting points

#### Task 1: Where is Mexico?

Using a Map of North and Central America (See Resource 2 at the bottom of this pack!), see if you can identify where Mexico is.

- What shape is it?
- What other countries is it near?
- What countries does it border? (A country that it is directly next to it)
- Draw your own compass and hold it next to your map (See Resource 3 at the bottom of this pack!). Use it to complete the following sentences by circling the correct answer:

The United States of America is \_\_\_\_North/South\_\_\_\_ of Mexico

Mexico is \_\_\_\_ North/South \_\_\_\_ of the United States of America

#### Task 2: True or False?

Create a heading with two tables like so, and place the statements under each heading:

TRUE	FALSE

Mexico is SOUTH of the United States

Mexico is NORTH of the United States

There are over 127 million people living here

There are only 127 people living here

People from Mexico speak Spanish

People from Mexico speak French

The Aztecs lived in Mexico

The Vikings lived in Mexico

## Task developments

### Task 3: The Mexican Hat Dance

*The Mexican Hat Dance began over 200 years ago and is usually danced with a partner, but it is possible to dance alone too! It is still taught to children in Elementary (Primary) school today in Mexico and the United States.*

Use the link in [Resource 4 \(at the bottom of this pack\)](#) to learn the steps!

### Task 4: Shake Your Maraca!

*A maraca is a percussion instrument in the form of a container filled with dried beans or similar objects and played, usually in pairs, by being shaken. You can make your own maracas at home by following these steps:*

**Step 1:** Find an empty container, like an old plastic bottle or jam jar

**Step 2:** Fill the container with dried beans, rice or plastic/wooden beads

**Step 3:** Make sure the lid of your container is on tight!

**Step 4:** Decorate your container with anything you like; glitter, shapes cut out of paper, paint... whatever you choose!

**Step 5:** Shake your maracas!

*Once your maraca is complete, you can use the song [Shaking Your Maracas](#) to test out your new instrument! (See [Resource 5 at the bottom of this pack!](#))*

## Cool down ideas

### Cool Down 1: Time to go home!

It's time to go home! Can you remember what transport you chose to travel to Mexico today at the beginning of this resource? Ask someone to read these simple steps to you to relax your mind on our journey back home:

(Relaxing music will help! See Resource 6 at the bottom of this pack!)

- Lie flat on your back, with your palms open and your eyes closed, take some deep breaths – in through your nose and out through your mouth.
- Imagine you are looking out of the window of your (e.g. a train). What do you see?
- What does the sky look like: is it clear and blue with bright sun? Is it dark and stormy with thick clouds? Is it a beautiful sunset?
- What does the landscape look like: are there trees and flowers? Is it empty and vast like a desert? Are there buildings and houses?
- Really try to capture the images in your mind, as if you are really looking out of the window at the world in front of you.
- When you are ready, wiggle your fingers and toes and gently, bring yourself to a sitting position. Well done!

## Outcome

Great job! You now know...

- What traditional Mexican music sounds like
- How to use your body in a creative way to make different shapes including letters and modes of transport
- How to find Mexico on a map and have practiced using a compass
- The steps to the Mexican Hat Dance
- How to make your own maracas out of materials at home
- How to use your imagination to help you relax

# Resources and useful links

**Resource 1:** Traditional Mexican Music

<https://www.youtube.com/watch?v=9G9l-5Lzjmo>

**Resource 2:** Map of North and Central America

<https://online.seterra.com/en/vgp/3015>

**Resource 3:** Compass Example

<https://www.shutterstock.com/search/compass+rose>

**Resource 4:** The Mexican Hat Dance Tutorial <https://youtu.be/p31lF-hY9u0>

**Resource 5:** Shaking Your Maracas

<https://www.youtube.com/watch?v=RZTy2O75gxl>

**Resource 6:** Relaxing Music for Kids

<https://www.youtube.com/watch?v=5HrkXT5Bc9E>

**Please Note: Birmingham Hippodrome takes no responsibility for the content of third party websites.**

If you require further information contact  
[schools@birminghamhippodrome.com](mailto:schools@birminghamhippodrome.com)  
[participation@birminghamhippodrome.com](mailto:participation@birminghamhippodrome.com)

