

The Cas Cas (A West African Percussion Instrument)

Lesson plan written by Leslie Roberts

Overview

Students will be able to learn about the West African Instrument called the Cas Cas and will be able to make and play their own out of recycled materials.

Grades 3rd-5th grade

Intended Content Area General Music

Essential Questions

How do the other arts, other disciplines, contexts, and daily life inform creating, performing, and responding to music?

Standard Alignment with NC Standards

(while the standards listed below are for grade 3, you may adapt as needed for grades 4 and 5)

Performance Based Objective- Students will be able to explore the significance of the baobab tree and create their own expressive ideas to accompany poetry in a rondo form.

MU:Cr1.1.5a

Improvise rhythmic, melodic, and harmonic ideas, and explain connection to specific purpose and context (such as social, cultural, and historical).

MU:Cn11.0.3a

Demonstrate understanding of relationships between music and the other arts, other disciplines, varied contexts, and daily life.

MU:Re7.2.4a

Demonstrate and explain how responses to music are informed by the structure, the use of the elements of music, and context (such as social and cultural).

Materials

- [Google Slides](#)
- Project materials (clean empty plastic bottles and caps, rice, seeds, or beads, rope or shoe laces, paint, markers, etc.)

Duration

Approximately 1-2 lesson periods (50 minutes each)

Procedure

- Learn about the West African instrument and its different names (it is commonly called cas cas in senegal) using the Google Slides Presentation (slides 2-7)
 - Discuss the percussion instrument and its names
 - Watch the performance videos
 - [Salliou playing the cas cas - ORIGINAL](#)
 - [Kashakas - The Kashaka Salesman](#)
 - Watch videos on how they are made
 - [Waa Casamance - Searching For Fresh Asalato](#)
 - [ASALATO KHADIM](#)
- The teacher will help students build and decorate their own cas cas and perform a basic rhythm pattern with it.
 - ****Note: the teacher will need to prep the following materials before involving students**
 - Cut the tops off of bottles
 - Put holes in half of the caps
 - Sand away any potential rough edges of the mouth of the plastic bottle with sandpaper
 - Place a bottle cap on one end (make sure it is secure by pressing down)
 - Fill with choice of beans, small beads, or rice (be sure not to overfill so that they have room to shake when the string is inserted)
 - Take the rope, shoelace, or string and push it through the hole of the other bottle cap and secure it with a double knot (you may add tape to the end of the string to aid you in inserting the string into the cap and to prevent the string from fraying if cut)
 - Screw on the stringed bottle cap to the mouth of the plastic bottle to close the cas cas (teachers may decide to superglue this closed to prevent students from opening their cas cas and spilling the contents)
 - Repeat the above steps for the other instrument to complete the pair
 - Students may choose to customize their instruments with decorative tape, stickers, paint, or markers (be sure the instruments are dry before playing them)
- Show tutorials for how to play the cas cas and let students practice on their own
 - [HOW TO PLAY NKUSH KASH ,from Ghana west Africa.](#)
- Practice playing the homemade cas cas. Remember that it is not just about rhythm but also involves developmental skills such as coordination and dexterity. It will take lots of practice to master.
- Play an instrumental piece of music and instruct the students to find a steady beat or simple pattern to accompany the song on their new instruments
 - [The Kiffness 🇳🇬 x Moussa Diarra 🇳🇬 - Kosh Kash Song // African Pe...](#)