

Lesson 1 of 6

Hip Hop

EQUIPMENT

obstacle free activity area » music player
 » music representing a variety of genres;
 e.g., classical, country, rock

Warm It Up

FEELING THE MUSIC

Instruct students to move creatively throughout the activity space in response to the different kinds of music being played. Movements should reflect how the music makes students feel. Students will move into open spaces, keeping their heads up to avoid bumping into others while the music is playing, and freezing when the music stops. Play music reflective of different genres and speeds, music that students are likely to be familiar with; e.g., from the current top 10 or a popular movie soundtrack, and music they may never have heard before; e.g., powwow or opera. Choose music with a strong 4-count beat for the last song and challenge students to time their movements with the beat of the music. Teachers should be sure to participate around the perimeter of the activity area to maintain visual supervision of all students.

ABCD's of Physical Education



RELATED RESOURCES

Everybody Move! Daily Vigorous Physical Activity (includes DVD and audio CD), J. Byl et al, 2005, www.ciraontario.com/everybody-move



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Activity

Basic Skills	
Application of Basic Skills	A2-8

Clues that students are achieving the outcome...

"Students will demonstrate basic dance steps and movement; e.g., creative, folk, line, sequence and novelty, alone and with others by using elements of effort, space and relationship." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can perform hip hop dance steps
- Students can move in time with the music



Whoop It Up

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Invite students to find a personal space and stand facing the same direction. Turn on the music and lead students through the hip hop moves described below. Perform each one slowly at first, and then more quickly to the beat of the music. When leading students through the 'bounce to the beat' move, explain that when the music is playing, all students must be moving, and if other hip hop moves seem too difficult, everyone can 'bounce' to the beat. Every time the music stops, instruct students to "strike a pose". Students should be balanced in each pose and be able to hold it for 5-10 seconds. Upbeat music with a strong 4-count beat is ideal for hip hop; e.g., Kids Bop CD. Choose 4-5 songs to play during the series of hip hop lessons to provide an opportunity for students to become familiar with the beat of each song.

Bounce to the beat » Bend knees and bounce up and down to the beat of the music. **Step clap** » Take a big step to the right while sticking both elbows out, then close left foot to the right while clapping hands together. Round the back and bounce while performing the move. Alternate taking big steps to the left and right. **Attitude** » Stand with feet apart and cross arms over chest. Lean to the right and tap right foot on the floor four times while nodding head and expressing 'attitude'. Alternate same movement to the left. **Raise the roof** » Stand with feet apart, lean to the right and raise arms above head, palms facing the roof. Slightly bend and extend elbows four times. Repeat while leaning to the left. **Walk and jump** » Take three steps forward and then jump, landing with feet apart. Repeat taking three steps back. **Bops** » Stand with feet apart and arms down. 'Bop' by bending knees and arms at the elbow to 90 degrees, and then straightening knees and arms. Repeat. **Clean it** » Brush left shoulder with the right hand for 4-counts, then brush right shoulder with left hand for 4-counts. **Butterfly** » Stand with feet apart and touch knees together, and elbows out with hands at waist. Round shoulders and back so arms cross (in), and then straighten the back while turning hands and knees out (out). Repeat. **Twister** » Stand with feet together. Twist to the left, twist to the right, twist to the left and then jump. Bend knees and move closer to the floor with each twist. **Fall back** » Stand with feet wide apart, bend knees and touch left hand to the floor behind the left leg. Stand up and then bend knees and touch right hand to the floor behind the right leg. Repeat.



Safety First!

For safety, equipment, and supervision considerations when planning dance activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Wrap It Up

Instruct students to perform their favourite hip hop move of the day as they gather in the centre of the activity area. Lead students through a head to toe stretch while asking students to identify opportunities they have to dance outside of Physical Education class.