

Lesson 2 of 6

Hip Hop

EQUIPMENT

obstacle free activity area » music player » music with a strong 4-count beat » 5 pinnies

Warm It Up

FROZEN HIP HOP TAG

Choose 4-5 students to be choreographers and provide each with a pinnie.

Choreographers will try to tag all of the other students, who are the dancers. Should a dancer be tagged, they freeze in a hip hop pose. Any other dancer is able to un-freeze a tagged dancer by standing beside and holding the same pose as a frozen dancer for 5 seconds. Stop the game every two minutes to provide an opportunity for the choreographers to give their pinnie to another student, who will take on the role when the game resumes.

ABCD's of Physical Education



RELATED RESOURCES

Fit Kids Classroom Workout DVD, Notte, J, 2005, www.humankinetics.com



Safety First!

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



Do it Daily...For Life!

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Effort	
Safety	D(2-3)-4
Goal Setting/ Personal Challenge	
Active Living in Community	

Clues that students are achieving the outcome...

"Students will demonstrate and participate in safe warm-up and cool-down activities." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can raise their heart rate while playing frozen hip hop tag
- Students can hold stretches in a safe manner



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. Turn on the music and lead students through a review of the moves from lesson 1. Don't forget to strike a pose at the end of each song! Introduce the new moves described below, which are each performed for 8-counts:

Robot » Stand with feet apart and arms down. Bend both arms up at the elbows on count 1, drop right arm down on count 2, drop left arm down on count 3, bend both arms up at the elbows on count 4, turn upper body to the right on count 5, drop left arm down on count 6, swing left arm back and forward on counts 7 and 8. **Punch It** » Jump and land with feet wide apart and fists under the chin on count 1, punch right arm out and in on count 2, punch left arm out and in on count 3, punch right arm again on count 4, take a step forward with the left then right foot on counts 5 and 6, plant the left foot on count 7 and kick the right foot forward on count 8. **Pop-boom-boo-ha-yo-cha** » Jump and land with feet wide apart and punch both arms forward on count 1 (pop), jump and land with feet together and punch arms out to the sides on count 2 (boom), reach both arms up on count 3 (boo), punch right arm out to the side and left arm down on count 4 then switch arms on count 5 (ha), jump and land with feet apart and both arms out to the sides on count 6 (yo), reach both arms down and nod head on counts 7 and 8 (cha).

SHOWCASE: As a large group, choose 3 favorite hip hop moves. Practice the three moves as a sequence by performing each move four times and ending with a pose. Divide the class into two groups. Instruct half of the students to "bounce to the beat" while sitting and watching the other students perform, then switch roles. While watching, students should observe how their peers dance to the beat of the music, link the moves together, and perform with energy and expression.



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

Lead students through slow motion and exaggerated versions of the 'raise the roof', 'butterfly', 'twister' and 'fall back' hip hop moves to stretch all parts of the body. Ask students to share reasons why it's important to warm up before and cool down after participating in physical activities; e.g., reduce chances of getting hurt, gradually slow down heart rate, increase flexibility.