

Lesson 1 of 6

Hip Hop

EQUIPMENT

obstacle free activity area » music player » music with a strong 4-count beat » music for novelty or mixer dances

Warm It Up SPEED DANCING

Lead students through a variety of simple novelty, traditional or mixer dances for 2-3 minutes each to get their hearts pumping, bodies moving to the beat of the music, and creative juices flowing! Dances might include: **Hand Jive** » Slap thighs x2, clap hands x2, with hands flat and palms facing the floor, swing right palm over left palm x2, then swing left palm over right palm x2, make a fist with each hand and tap right fist over left x2, then tap left fist over right x2, finish by showing a hitchhiker thumb over the right shoulder x2, then hitchhiker thumb over the left shoulder x2. Repeat and try to go faster! **Hoop Dancing** » Aboriginal hoop dancing is performed by both males and females and is intended to tell a story. Experienced hoop dancers can move with more than 14 hoops at a time! Provide each student with one hoop and play some pow wow music or beat a drum. Students will hop twice on each foot while moving the hoop in a variety of ways – try spinning around an arm or leg, jumping through the hoop, or move with a partner and incorporate two hoops.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see pages 19-20 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.

ABCD's of Physical Education



Activity	
Basic Skills	
Application of Basic Skills	A(4-6)-8

Clues that students are achieving the outcome...

"Students will demonstrate a variety of dances; e.g., creative, folk, line, sequence and novelty, alone and with others." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can perform novelty and mixer warm up dances
- Students can perform hip hop moves



Whoop It Up

HIP HOP MOVES

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. 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 side to side 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. **Clean it** » Brush left shoulder with the right arm for 4-counts, then brush right shoulder with left arm 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. **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. **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'. Repeat while leaning 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. **D.J.** » Place one hand over one ear as if wearing a headphone and hold the other hand at waist height with palm flat. Move hand forward and back pretending to spin a record. **Deodorant** » Raise left arm up and apply two strokes of deodorant to left armpit using the right hand. Repeat alternating sides.



Safety First!

For safety, equipment, and supervision considerations when planning dance activities, see page 49 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.



Activity

Wrap It Up

HEAD TO TOE STRETCH

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 them to identify opportunities they have to dance outside of Physical Education class.