

## Lesson 3 of 6

# Hip Hop

### EQUIPMENT

obstacle free area » index cards » pencils and erasers » music player » music with a strong 4-count beat

## 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. Each choreographer gives their pinnie to the fifth dancer they tag and the two switch roles.

### ABCD's of Physical Education



### RELATED RESOURCES

- Physical Education Online website, [www.education.alberta.ca/physicaleducationonline](http://www.education.alberta.ca/physicaleducationonline)



### Safety First!

For safety, equipment, and supervision considerations when planning tag-type activities, see page 51 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca).



Do it Daily...For Life!

### Do it Daily...For Life!

Effort	D4-1
Safety	
Goal Setting/ Personal Challenge	
Active Living in Community	

### Clues that students are achieving the outcome...

"Students will demonstrate a willingness to participate regularly in physical education class." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can participate in all dance activities with maximum effort



# Whoop It Up

## MORE HIP HOP COMBO 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. Lead the large group through a review of the hip hop moves from lessons 1 and 2 for the duration of one song. Strike a pose at the end of the song! Introduce the new combination moves described below, which are each performed for 8-counts and can be performed in succession:

**Walk Punch** » Move right foot forward and bounce body on counts 1 and 2, move left foot forward and bounce body on counts 3 and 4, walk forward with right foot on count 5, walk forward with left foot on count 6, punch forward with right then left arm on counts 7 and 8. **Spinner** » Touch right heel forward on count 1, touch right toe back on count 2, cross right foot in front of left on count 3, complete a full turn on count 4, jump and land with feet apart and snap fingers on count 5, extend right arm out to the side on count 6, snake body to the left on count 7, turn right knee out and lift right heel on count 8. **Grapevine** » Step to the right with right foot on count 1, step left foot behind right on count 2, step to the right with right foot on count 3, move left foot together with right and clap hands together on count 4. Repeat beginning with left foot and moving to the left on count 5-8. Try adding a turn while doing the grapevine, stepping the left foot in front of the right foot on count 2 and turning before stepping to the side on count 3. **Down Bop** » Start standing with feet together, slide right foot back with arms down on count 1, slide left foot back and together with right while holding fists at chest on count 2, slide left foot back with arms down on count 3, slide right foot back and together with left while holding fists at chest on count 4. Repeat sliding feet forward on counts 5-8.

**CREATE A MOVEMENT:** Provide each student with an index card and pencil. Challenge students to create an 8-count hip hop move that caters to their body type and ability, but is not so complicated others could not perform. Each student will practice and then write the steps for their move on an index card that will be used for a hip hop circuit during the next lesson.



### 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](http://www.acicr.ualberta.ca).



## Wrap It Up

### DEMONSTRATIONS PLEASE

Invite 4-5 students to teach their hip hop move to the class. Collect the index cards and comment on the level of participation and effort shown by students when learning and creating hip hop combo moves.