

## Lesson 5 of 6

# Hip Hop

### EQUIPMENT

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

## Warm It Up

### HIP HOP FROZEN TAG VERSION 2

A modified version to the game shared in Hip Hop

Lesson 3: 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 stand in one spot and dance a hip hop move until another dancer stands beside them and dances the same hip hop move 4 times, after which they are both back in the game. Each choreographer gives their pinnie to the fifth dancer they tag and the two switch roles.

### ABCD's of Physical Education



### RELATED RESOURCES

- Ready-to-Use Physical Education Activities for Grades 5-6 (LRC# 257205), J. Landy & M. Landy, 1993, [www.lrc.education.gov.ab.ca](http://www.lrc.education.gov.ab.ca)
- 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).



### Cooperation

Communication	
Fair Play	
Leadership	
Teamwork	C(4-6)-6

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

"Students will identify and demonstrate positive behaviours that show respect for self and others." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can actively participate in the development of a group diamond dance
- Students can acknowledge and accept ideas offered by others



## Whoop It Up

### SO YOU THINK YOU CAN DANCE HIP HOP

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. Explain that students, in groups, will design a hip hop sequence that they will perform in the next class. Each sequence will be performed as a diamond dance, will include 4 different 8-count hip hop moves, and should demonstrate the students' ability to choose hip hop moves that match the ability of all group members. Groups link hip hop moves together to create flow and dance with energy and expression. Each sequence must also include movement in at least 2 different directions, include moves at high, medium and low levels, and end in a pose. Post the criteria and emphasize the importance of working collaboratively and respecting the ideas of others while designing a group dance.

To create a diamond dance, each group of 4 students starts in a diamond shape. All group members stand facing the same direction. The student at the front of the group is the first leader and chooses an 8-count hip hop move for the entire group to perform twice. After performing the 8-count move twice, the leader jumps and does a quarter or half turn to indicate who will be the next leader. All group members turn to face the new direction and the new leader chooses a different 8-count move the entire group will perform twice. Repeat until all group members have been the leader and have chosen a hip hop move. Groups should repeat and refine the sequence to ensure all criteria are met. If a group of 5 is required, the fifth student starts by standing in the middle of the diamond shape. When the first leader jumps and turns to face a new direction, the student in the middle switches places with the first leader. A group of 5 will create a sequence with 5 different 8-count hip hop moves. Turn on the music and let students prepare a diamond dance for the performance during the next class.



### 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

### RELAXATION STATION

Acknowledge that working in a group can sometimes be stressful. Invite students to find a personal space and lay on their backs on the floor with their eyes closed (provide mats if available). With a calm and quiet voice, ask students to tense and then relax different parts of their body, working from head to toe; e.g., face and neck muscles, shoulders, arms, torso, and so on. Finally, ask students to tense their entire body and then relax, imagining they are sinking into the floor.