

Lesson 6 of 6

Hip Hop

EQUIPMENT

obstacle free activity area » music player » music with a strong 4-count beat » 'Hippy Hippy Shake' song by the Beatles

RELATED RESOURCES

- 'The Hip Hop Comeback' workshop 2008-09, Ever Active Schools, www.everactive.org

Warm It Up

HIPPY HIPPY SHAKES

Help students loosen up before the diamond dance performances! Play the

'Hippy Hippy Shake' song by the Beatles and lead students through the following 'shakes': Turn head to look over right, then left shoulder for 8 counts; arm circles for 4 counts forward and 4 counts back; hip circles for 4 counts to the right and 4 counts to the left; shake right leg for 8 counts; shake left leg for 8 counts. Follow the lyrics of the song during the refrain: "Well, now, you shake it to the left, shake it to the right, do the Hippy Shake Shake, with all of your might". Repeat the pattern for the duration of the song. Allow 3-4 minutes for groups to review their diamond dance while music plays in the background.



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(5-6)-9

Clues that students are achieving the outcome...

"Students will demonstrate a creative process to develop dance sequences alone and with others; and, demonstrate movement sequences in response to a variety of musical, verbal and visual stimuli." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can develop and perform a hip hop diamond dance
- Students can perform dance movements to the beat of the music
- Students can perform dance movements with energy and expression



Whoop It Up

DIAMOND DANCE PERFORMANCES

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. Instruct students to stand in a large circle for the dance performances. The music will play continuously while each group takes a turn performing their diamond dance sequence in the centre of the circle. During each performance, other students will 'bounce to the beat' while observing the dancers. At the end of each performance, all students will congratulate the dancers with a 'standing ovation'; stand tall and raise arms above head in an o-shape while shouting "o"! Cue the next group of dancers by counting 4-beats as a lead-in and signaling when to begin; e.g., 1-2-3-go! When the last group has finished their performance, lead all students through a variety of hip hop moves learned in previous lessons until the end of the song, at which point everyone will strike a pose.



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

DISCUSSION AND ROUND OF APPLAUSE

Provide an opportunity for students to share what they liked best about the diamond dance performances. Offer feedback about student improvement during the series of hip hop lessons and feedback about the diamond dance performances. Celebrate the completion of the performances with a 'round of applause'; clap hands while moving them in a large circle.