



<b>Class:</b>		<b>Hip-Hop</b>	
<b>Age:</b>		<b>6-8 Years Old</b>	
<b>Skill focus:</b>		<b>isolations, floor work, body rolls</b>	
<b>Class Segment</b>	<b>Skill/Position</b>	<b>Activity Description</b>	<b>Teacher notes</b>
<b>Stretch/Warm-up</b>	Cardio warmup	Jumping jacks 4 x 8 counts	
		Run in place 4 x 8 counts	
		High knees 2 x 8 counts	
	Isolations	1 shoulder up/down (right and left sides)	
		alternating shoulders	
		Rolling shoulders (right and left)	
		Chest isolations (in the shape of a box, right and left sides)	
		Body rolls (starting from the top of the head to the bottom)	
		Body rolls (starting from feet to your head)	
	Stretch	stretch wrists/shoulders	
		Straddle and pike, reaching for toes	
		Cobra stretch	
<b>En Centre</b>	Dance warmup	Hip shakes 2 x 8 counts	Choose 4-5 moves to repeat in a sequence, play a hype song and have students follow along
		snakes 2 x 8 counts	
		Grape vines 4 x 8 counts	
		3 step turns 4 x 8 counts	
		Box /cross step (right and left sides)	
		Body rolls (top-bottom, bottom-up)	
	Cross-step	Break down skill altogether	
		6-8 times slow, 6-8 times quicker	
		repeat right and left sides	
	Handstand hops	place hands and feet on 1 side of the dot and jump with your feet together, landing on the other side of the dot	not kicking up to a full handstand, just tucking your knees in and landing with them together
		Focus on shoulder strength and getting hips over the shoulders	
<b>Across the Floor</b>	Strut walk	Lay out 1 dot at the end of the room and have students line up on other end	
		Students will "strut" to the dot and strike 3 poses	
		Strut back to the line	
		Can repeat with students "strutting" sideways or backwards instead	
	3 step turns	4 times half time, 4 times double time	
		repeat right and left sides.	
	Fun activity: Structured improv	Choose an adjective and have the kids structure their improv around it.	structure your improv around the focus of the class. For example, this class worked on isolations, body rolls, and floor work
		Examples: sharp, groovy, hype, controlled, etc.	
		Every 30-45 sec, pause the song and choose a new word	