

Class:		Beginner Hip Hop	
Age:		3-5 years old	
Class Segment	Skill/Position	Activity Description	Teacher notes
Stretch/Warm-up	attendance/question	What do you want to be when you grow up?	Encourage students to listen to one another's responses to create a welcoming learning environment
	Cardio warmup	Jumping jacks	Choose a hype/energetic song to get energy pumping for class.
		Run in place	
		Jumping over and behind your dot with your feet together	
	Dance warmup	Pat knees to the beat of the song	Purpose: get in the groove of dancing mentally and physically! Starting class with rhythm-work is a great exercise to get their minds working.
		Once the class finds the rhythm, switch to step claps (2 eights)	
		hip shakes (2 eights)	
		Snakes (2 eights)	
Bouncing (emphasis on the chest) (2 eights)			
	Criss-cross jumps (2 eights)		
Skill breakdown	Grapevines	Start breaking down the skill with everyone altogether	
		4 slow/half time, then try 4 quick/double time	
		repeat right and left sides	
	Pivot turns	Start standing in the back of the room (behind the class) facing the mirror	This is the best method because it prevents kids from turning the wrong way and they can see you the whole time you're explaining the steps
		Step forward and turn to the back (students should be facing you)	
		Finish pivot turn to the front	
	3 step turns	Break down skill altogether	These can be challenging for toddlers! It can be hard to get them to turn towards the mirror, so go slow and use items in the class as references for right and left side
		6-8 times slow, 6-8 times quicker	
repeat right and left sides			
Across the Floor	Strut walk	Lay out 1 dot at the end of the room and have students line up on other end	Encourage them to shake their hips, find the rhythm of the song, and overall deliver some style and confidence as they go across the floor
		Students will "strut" to the dot and strike 3 poses	
		Strut back to the line	
		Can repeat with students "strutting" sideways or backwards instead	
	Grapevines	4 slow/half times with hands on hips	Make sure students are crossing behind
		4 fast/double time with hands on hips	
		repeat right and left sides.	
	3 step turns	4 times half time, 4 times double time	Tip: Tell students to turn "towards" the mirror
repeat right and left sides.			
Fun activity: dance telephone (toddler-friendly)	Have kids stand around you in a circle and you point to 1 kid	Its important to give kids some creative freedom and expression, and I have found this is a great way to allow them to show off, while also being structured around our class vocabulary	
	They pick a dance move and show it to the class (hip shake, snake, grapevine etc) and the class repeats the movement		
	Repeat until everyone has a turn showing a move		