



Class:		Preschool Hip Hop Lesson #1	
Focus Skill:		Bounces & Step Clap	
Age:		3-5 Years	
Class Segment	Skill/Position	Activity Description	Teacher notes
Stretch/Warm-up	Attendance/Question	What is your favorite color?	Encourage students to listen to one another's responses to create a welcoming learning environment
	Cardio Warmup	Jumping jacks	Choose a high energy song to get the dancers excited for class
		Run in place	
		High Knees	
	Dance Warm Up	Pat knees / bounce to the beat of the song (4 eights)	Purpose: get in the groove of dancing mentally and physically! Starting class with rhythm-work is a great exercise to get their minds working.
		Clap to the beat of the song (4 eights)	
		Hip shakes (2 eights)	
Snakes (4 eights)			
Bouncing (emphasis on the chest) (4 eights)			
Criss-cross jumps (2 eights)			
Skill breakdown	Rhythm Work: Practice Counting Music	Have everyone sit in a circle. Put on a slower tempo instrumental song, with a loud beat	Pro tip: I use instrumental songs for this so they focus on the beat and not the words!
		Explain in dance, we music up to the number 8	
		Practice slowly clapping and counting out loud to the beat of the music. Make sure everyone is counting!	
	Bounces	Have everyone join. Switch to patting your knees for 4 counts and clapping for 4 counts. Switch songs periodically to change tempos	Focus here is relaxing the legs/knees, and working on rhythm
		Start with feet on each side of the dot. Put one hand on each knee, similar to a turned-in second position	
		Practice bounces with hands on both knees	
Step Clap	Switch to both hands on right knee, bounce on right side. Switch to left	Hit the first body position and "freeze" until the entire class can match you, then you move on to the clap.	
	Start with both feet together, on one side of the dot.		
	Step over the dot, then clap.		
Across the Floor	Strut walk	Repeat the going the other way, back over your dot.	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
		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	
	Step Clap	Can repeat with students "strutting" sideways or backwards instead	Some students may struggle with rotating the skill from the mirror to across the floor. Be prepared to go with them
		Demonstrate step clap, going across the floor	
		Have the class practice altogether across the floor	
Fun activity: Structured improv	Students go one at a time. Then repeat left side.	Use accessible adjectives for preschoolers	
	Choose an adjective and have the kids structure their improv around it.		
	Examples: sharp, smooth, fast, slow, party, etc.		
		Every 30-45 sec, pause the song and choose a	