



Class:		Preschool Hip Hop Lesson #2	
Focus Skill:		Slides & Snakes	
Age:		3-5 Years	
Class Segment	Skill/Position	Activity Description	Teacher notes
Stretch/Warm-up	Attendance/Question	If you could fly anywhere in the world, where would you go?	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	
		Jumps: Jumping over and behind your dot with your feet together. Jump left to right, over the dot	
	Dance Warm Up	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 (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 song, with a loud beat	I use instrumental songs for this so they focus on the beat and not the words!
		Start clapping and counting to 8 out loud to the beat	
		Have everyone join. Switch songs periodically to change tempos	
	Slides	Explain slides going side-to-side: Drag feet on the floor, then stomp together. Have class practice w/ hands clasped behind them.	Use your dot as a reference point / home base!
		Explain slides going back-front, have class practice w/ hands clasped behind them.	
	Snakes	Explain snake: Starting in a parallel second position w/ hands on knees, tilt head side to side	Once they get the hand of it, walk around the room to make sure everyone is using their head & bending their knees
Have class practice altogether			
Practice snaking low down to the ground, then coming back up tall			
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	
	Slides (Side-to-side)	Demonstrate & have class practice side-to-side slides across the floor w/ hands clasped behind them.	Watching for sliding foot to remain connected to the floor, so they understand the "dragging" technique
		Have students go one at a time across the floor	
		Repeat from the other side of the room	
	Fun activity: Dance Telephone	Have kids stand around you in a circle and you point to 1 kid	It's 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			