



Class:		Preschool Hip Hop Lesson #5	
Focus Skill:		Pivot Turns	
Age:		3-5 Years	
Class Segment	Skill/Position	Activity Description	Teacher notes
Stretch/Warm up	attendance/question	What is your favorite animal?	
	Cardio warmup	Jumping jacks	Choose a high energy song to get the dancers excited for class
		Jog in a circle around the room. Change directions and jog the other way. Run backwards	
		Run back to your dot. High knees 4 eight counts, jumping jacks again 4 eight counts	
	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 (2 eights)	
		hip shakes (2 eights)	
		Snakes (2 eights)	
		Bouncing (emphasis on the chest) (2 eights)	
		Criss-cross jumps (2 eights)	
Skill breakdown	Grapevines	Review the skill with everyone altogether	Review skill from Lesson Plan #1. Goal is for them to do it independently
		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	Standing in the back of the room is the best method the kids can see you the whole time you're moving through the steps
		Step forward and turn to the back (students should be facing you)	
		Finish pivot turn to the front	
	Snakes & Bounces	Practice snaking left to right	Introducing simple grooves - Change up arms and tempo throughout. Focus on keeping knees bent, and using their chest in both movements
Snake down to the floor, then back up high			
	Practice different versions of bounces. Single, doubles. Different arms. Keep knees bent and use your chest		
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.	
	"Snake Walk"	Walk across the floor with their hands on their knees	Intro to simple groove movements
Snaking their head side to side with each step, keeping knees bent			
Fun activity: dance telephone (toddler-friendly)	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	
	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		