PA State K-2 Aligned Lesson Plan for Fun BOPS Hip Hop Dance Age 5+
UNIT FIVE

Yearly Objectives:
Physical : Introduce CULTURAL STYLES that are Hip Hop Proper, rocking, party dance, hopping and bouncing.
Linguistic : Introduction to HIP HOP as Collective Consciousness, Learn cultural cues through rituals and Define the story within the cultural practice.
Social : Introduction to COMMUNITY : We are all EQUAL, and We are all PRESENT.
Emotional : Introduction to CREATIVITY and INNOVATION : BREAK linear thinking patterns.
Mental : Evolve into MUSIC…BOUNCE ON **8**...Hold Onto Sequences and Deliver Them When Prompted.

STANDARDS KINDERGARTEN

Pennsylvania State
Standard 9.2: Arts & Humanities - Historical and Cultural Contexts
Students identify and experience dance forms rooted in cultural traditions (Hip Hop, party dances, social dances).

Standard 9.4: Arts & Humanities - Aesthetic Response
Students express enjoyment, creativity, and personal interpretation through movement and rhythm.

Standard 10.4 Health, Safety, & Physical Education - Physical Activity
Students engage in moderate physical activity (bouncing, two-step, directional movement).

Standard 10.5 Health, Safety & Physical Education - Concepts, Principles & Strategies of Movement
Students identify and practice locomotor and non-locomotor skills (forward, backward, side-to-side).

Standard 10.9 Health, Safety, & Physical Education - Motor Skills
Students develop emerging skills in coordinated movement patterns.

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WEEKS SEVENTEEN - EIGHTEEN - NINETEEN - TWENTY
Objective: Introduction to CREATIVITY and INNOVATION : BREAK linear thinking patterns.

Warmup: Body conditioning, Ankle Strength, Leg Stretches, Core Twists,
+ Procedures (*5 mins*)
Script for Teacher - “The most important sound you will hear in this class is me CLAPPING. At this time please make sure you are facing me with your body, your eyes are on me, and your voices are completely turned off. “
SONG *1X* : TLC - INSTRUMENTAL AIN’T TOO PROUD TO BEG INSTRUMENTAL

Statement of Objective : (5 min)
TW lead students in a circle around the room, reading posted UNIT FOUR materials.
SONG 1X : The Temptations - AIN’T TOO PROUD TO BEG

Teach Rhythm : The Roll (Cabbage Patch) (5 mins)
Teacher will lead the Roll (Cabbage Patch), led in four directions (introducing the concept of the 360 degree about face).
SONG 1X : Gracie’s Corner - COUNTING SONG (50)

Bathroom & Water Break : 5 mins
TW accompany students to bathroom & water station, giving praise and direction.
SONG 1X Gracie’s Corner - ABC SONG

Activity (Colors Go Round): (15 mins)
Break to exercise social conditioning : **Colors Go Round**
Colored Sheets of Paper will be Associated with Movement:
Purple - Hands + Feet
Orange - Elbows + Hands
Yellow - Elbows + Knees
Green - Chest + Head
Blue - Chest and Shoulders
Students will actively engage in a playful game which requires effort, creativity, and the desire to break expectations. The goal is to use your body within each Color Zone, to create movements with the body parts listed.
Students will move in a circular round through the sections (as well as Use UNIT FOUR Materials on the wall in different spots ‘round the room - creating sections) as the music plays.
Key words: creativity, effort, break
SONG 3X : Lauryn Hill - EVERYTHING IS EVERYTHING

Closing and Cool Down: (5 mins)
Cool down with open feet while stretching across each leg, arms stretching out wide fingers wiggling, cradling arms across the chest, shoulders rolling back and forward, touching the toes, fingers interlaced and stretching hands to ceiling, chin upward inhale, chin down exhale, shake.
SONG 2X : Tierra Whack - PEPPERS & ONIONS (Instrumental)