PA State K-2 Aligned Lesson Plan for Fun BOPS Hip Hop Dance Age 5+
UNIT 1
By Penelope Armstead

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.

*This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License. Except where otherwise noted, content on this site may be freely shared and adapted, provided appropriate credit is given to Penelope J. Armstead/www.peachkrayzphiladelphia.org and changes are indicated.

WEEK ONE - TWO - THREE - FOUR

Objectives: Introduction to COMMUNITY : We are all EQUAL, and We are all PRESENT.

Total Time : 60 mins

Warmup: Body conditioning, Ankle Strength, Leg Stretches, Core Twists,
+ INTRO to Procedures (15 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 : The Jungle Brothers - STRAIGHT OUT THE JUNGLE

Statement of Objective : (5 min)

TW model the objective : Move Forward, Backward, & Side to Side in space to the rhythm Bounce. TW Check For Understanding (CFU) and continue to lead movement.

SONG 1X : Zhané - INSTRUMENTAL HEY MR. DJ

Teach Rhythm : Two Step / Bounce (5 mins)

Two Step / Bounce, led in four directions (introducing the concept of the 360 degree about face).

SONG 1X : TLC - INSTRUMENTAL CREEP

Bathroom & Water Break : 5 mins

TW accompany students to bathroom & water station, giving praise and direction.

SONG 1X Gracie’s Corner - ABC SONG

Call & Response : (10 mins)

Students will reproduce bouncing movements introduced every 8 counts :
The Flava Flav, The House Party, The Janet Jackson IF, The Robocop, The Slide/Bart Simpson, The Smurf, The Baseball Bat/Reebok, The Milly Rock, and Stir The Pot/Cabbage Patch

SONG 2X : Lauryn Hill - EVERYTHING IS EVERYTHING

Polyrhythm & Bounce : (5 mins)

Teacher will lead students across the floor and back. Students will reproduce the two step bounce in three directions (forward, back, and side). Repeat across the floor and back.
(to the right side, beginning with right leg, to left side (beginning with left leg).

SONG 1X : TLC Instrumental BABY BABY BABY

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 1X : Digable Planets WHERE I’M FROM