PA State K-2 Aligned Lesson Plan for Fun BOPS Hip Hop Dance Age 5+
UNIT TWO
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…BOUNCES 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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WEEK FIVE - SIX - SEVEN - EIGHT

Objective: Introduction to HIP HOP as Collective Consciousness, Learn cultural cues through rituals and Define the story within the cultural practice.

Total Time : 60 mins

Warmup: Body conditioning, Ankle Strength, Leg Stretches, Core Twists, + 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 5X : Jackson Five I WANT YOU BACK

Statement of Objective : (5 mins)

Teacher will model the objective Move Forward, Backward, and Side to Side to the rhythm ROCK. TW check for understanding (CFU) and continue to model movement.

SONG 2X : Jackson Five - I WANT YOU BACK INSTRUMENTAL

Teach Rhythm : Rocking (5 mins)

The Rock, led in four directions (introducing the concept of the 360 degree about face).

SONG 1X : Lauryn Hill - EVERY GHETTO EVERY CITY INSTRUMENTAL

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 : Rocking (10 mins)

Students will reproduce Rocking movements introduced every 8 counts :
The Fly Girl, The TLC WaterFall, The Wop, Ease on Down The Road
The Bad One, The Kick Ball Change, The Pas de Bourree, and Three Step Rocking

SONG 2X : Lauryn Hill - EVERYTHING IS EVERYTHING

Shifting Weight (5 mins)

Teacher will lead students across the floor. Students will reproduce the rocking two step, forward, backward, right, and left, with arms alternating a push and pull.

SONG 1X : Zhané HEY MR. DJ INSTRUMENTAL

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 : Erykah Badu ON & ON