NJ 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

New Jersey State
Visual & Performing Arts Standard - The Creative Process
Standard 1.1.2.Cr.1 : Students explore movement elements through guided dance experiences, and Standard 1.1.2.Cr.2 : Students imitate and repeat teacher modeled movement sequences.

Visual & Performing Arts Standard - History of the Arts & Culture
Standard 1.1.2.Cn.1 : Students recognize that dance reflects cultural traditions and community practices (Hip Hop, party dances, and social dances).

Comprehensive Health & Physical Education Standard - Movement Skills & Concepts
Standard 2.2.2.MSC.2 : Students demonstrate control and coordination in patterned movement sequences

Comprehensive Health & Physical Education Standard - Physical Fitness
Standard 2.2.2.PF.1 : Students identify how physical activity affects the heart, lungs & energy.

Comprehensive Health & Physical Fitness Standard - Lifelong Fitness
Standard 2.2.2.LF.1 : Students recognize that practice improves movement skills.

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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

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UNIT TWO
By Penelope Armstead

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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.

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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

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UNIT THREE
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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.

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Comprehensive Health & Physical Education Standard - Movement Skills & Concepts
Standard 2.2.2.MSC.2 : Students demonstrate control and coordination in patterned movement sequences

Comprehensive Health & Physical Education Standard - Physical Fitness
Standard 2.2.2.PF.1 : Students identify how physical activity affects the heart, lungs & energy.

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WEEKS NINE - TEN - ELEVEN - TWELVE

Objective: Introduce CULTURAL STYLES that are Hip Hop Proper, rocking, party dance, hopping and bouncing.

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 3X : 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 Hop. TW Check For Understanding (CFU) and continue to lead movement.

SONG 1X : Zhané - HEY MR. DJ INSTRUMENTAL

Teach Rhythm : The Guess (Side to Side Hop) (5 mins)

Teacher will lead the Guess, led in four directions (introducing the concept of the 360 degree about face).

SONG 1X : TLC - CREEP 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 : (10 mins)

Students will reproduce hopping movements introduced every 8 counts :
The Guess, The Tom & Jerry, The Biz Markie, & The Happy Feet Variations

SONG 2X : TLC - Instrumental BABY BABY BABY

Travelling : (5 mins)

Teacher will lead students across the floor and back. Students will reproduce the Hop in a combination of three directions (forward, back, and side). Repeat across the floor and back.

SONG 1X : Sugar Hill Gang - INSTRUMENTAL RAPPER’S DELIGHT

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 : Gracie’s Corner - The Veggie Dance

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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.

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WEEKS THIRTEEN - FOURTEEN - FIFTEEN - SIXTEEN

Objective: Evolve into MUSIC…BOUNCE ON **8**...Hold Onto Sequences and Deliver Them When Prompted.

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 min)

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

SONG 1X : Lauryn Hill - EVERYTHING IS EVERYTHING

Teach Rhythm : Twist (5 mins)

Teacher will lead the Fly Girls, 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 : (10 mins)

Students will reproduce twisting movements introduced every 8 counts :
The Fly Girls, The Happy Feet Variations, The Running Man Variations

SONG 2X : Sugar Hill Gang - INSTRUMENTAL RAPPER’S DELIGHT

Travelling : (5 mins)

Teacher will lead students across the floor and back. Students will reproduce the Twist in a combination of three directions (forward, back, and side). Repeat across the floor and back.

SONG 1X : The Jungle Brothers - STRAIGHT OUT THE JUNGLE

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 3X : Tierra Whack - FRUIT SALAD

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UNIT FIVE

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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)

purple.

hands + feet

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yellow.

hands +
elbows

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green.

chest + head

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orange.

elbows + feet

Penelope J. Armstead www.peachkrayzphiladelphia.org Creative Commons*

blue.

chest +
shoulders

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