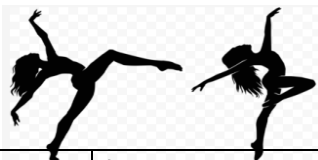


Autumn PE - Hip Hop dance yr 5 & 6



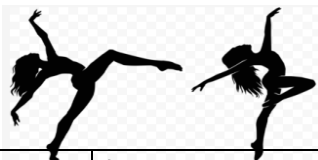
Topic	Knowledge - Children will learn	Children will be able to...	Prior Knowledge
Dance (Session 1)	To understand what hip hop is and its history. To understand the 4 major moves of hip hop dance. To understand how to count beats within the music. To begin creating a piece of hip hop dance.	- What is hip hop and its history? Children will learn that Hip hop dance is a range of street dance styles primarily performed to hip hop music or that have evolved as part of hip hop culture. - Four major moves. Children will learn that there are 4 major moves that should be learnt in hip hop dance and incorporated into routines. Chest pops - This is where you contract your chest and then "pop" it out very fast to make it look as if it does it on its own. Swinging your arms - A very basic step with the feet that focuses on the arms it starts to incorporate the upper body into the dance. Jabs - A short, sharp, staccato movement of the arms. Stomps - stamping the feet on the floor. - How to count in hip hop dance. Children will learn that we use an 8-count to break down the structure of music. It's like a map to know when to do a certain move. For example, if the teacher says that a move should be executed on "the 5," then you count the beats of the music like this: "One, two, three, four, MOVE." - Continue creating a contemporary dance piece. Children will begin to learn a section of hip hop dance using the 4 major moves learnt in this lesson. They will use their understanding of counting the beats to know when certain moves should be executed.	Dance skills Movement Balance
Dance (Session 2)	To understand what a freeze is in hip-hop. To learn how to do a baby freeze.	- Freeze movement. A freeze is a technique that involves halting all body motion, often in an interesting or balance-intensive position. It is implied that the position is hit and held from motion as if freezing in motion, or into ice. - Baby freeze.	Dance skills Movement Balance 4 major movements of hip hop Understanding of counting the music



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	To continue creating a hip hop dance incorporating a baby freeze into it.	Children will learn how to execute a baby freeze which is a type of freeze where one stabs one elbow while bending the other at a ninety degree angle, resting their head on the ground, and lifting both legs up. https://www.youtube.com/watch?v=c43JprdiSaU Continue creating a hip hop dance piece. Children will continue to learn a hip hop dance. They will use their understanding of freeze movements learnt in today's session and incorporate it into the dance.	
Dance (Session 3)	To understand basic footwork steps that are used in hip hop. To learn the criss-cross foot movement. To learn the step touch foot movement. To learn the toe-switch foot movement. To continue creating a hip hop dance incorporating the foot movements learnt today.	- Foot work. Children will begin to understand some basic foot movements that are used in hip hop dance. The steps for the footwork are used throughout hip hop dance routines. - Criss-cross. Children will learnt the criss-cross foot work where they jump out to the side then cross one foot in front of the other, then jump out to the side and cross the other foot in front of the other. - Step touch. Children will learn the step touch movement, this is where they step to the side and touch the floor with their toe. E.g step to the right and touch the floor with the left toe, step to the left and touch the floor with the right toe. - Toe-switch. Children will learn that a toe-switch is where they jump and one leg is turned in with the tip of the toe on the floor. They then switch by jumping onto the other leg and then other toe is then in contact with the floor. - Continue creating a hip hop dance piece. Children will continue to learn a hip hop dance. They will include the basic foot movements they have learnt in today's session.	Dance skills Movement Balance 4 major movements of hip hop Understanding of counting the music
Dance (Session 4)	To understand basic arm/hand movements that are used in hip hop. To learn a basic tutting combo.	- Arm/hand movements. Children will begin to understand some hand and arm movements that are used in hip hop that they can use in their dance routine. - Tutting.	Dance skills Movement Balance 4 major movements of hip hop



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	To continue creating a hip hop dance incorporating the arm movements learnt today.	Children will learn this is a hip hop dance style that emphasizes the body's ability to create geometric shapes (such as boxes) and movements; predominantly with the use of 90 degree angles. https://www.youtube.com/watch?v=IrluSO-Qs0E Continue creating a hip hop dance piece. Children will continue to learn a hip hop dance. They will include arm/hand movements they have learnt in today's lesson.	Understanding of counting the music
Dance (Session 5)	To understand what freestyle is in hip hop. To understand what canon is. To continue creating a hip hop dance using canon.	- Free-style. Children will learn that freestyle is a style of improvisation, with or without instrumental beats. Music will be played and the children will dance to it how they please. - Canon. Children will learn that canon is when individuals and groups perform the same movement/phrase beginning at different times. - Continue creating a hip hop dance piece. Children will continue to learn a hip hop dance. They will add an element of canon to the dance where the same movement will be executed by the children but they will all do it at different times.	Dance skills Movement Balance 4 major movements of hip hop Understanding of counting the music
Dance (Sessions 6 & 7)	To perform the hip hop dance that the children have learnt to a chosen piece of music.	Sequence of movements for verses. Children to perform the hip hop dance they have learnt over the previous 5 sessions. They will perform it to a piece of chosen music and include all of the techniques used within this style of dance.	Dance skills Movement Balance 4 major movements of hip hop Understanding of counting the music



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Keywords

Hip hop	tutting	combo	hop
step	toe-switch	criss-cross	jump
touch	contract	slide	freeze
chest	jab	stomp	body
popping	locking	counting	beats
canon	improvise	choreography	perform