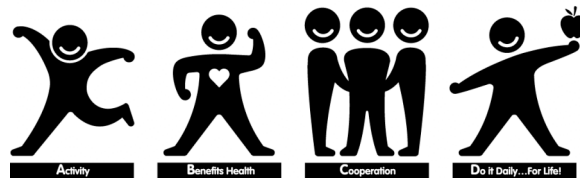


Schools Come Alive

The Hip Hop Comeback!

Participant Handout

ABCD's of Physical Education



Intended Audience: Grades K-12 Teachers

Workshop Outcomes

Participants will:

1. *Become familiar with and identify strategies for planning student learning opportunities that consider the needs of all students in physical education classes.*
2. *Review the principles and benefits of differentiated instruction.*
3. *Participate in activities to support student learning of the Physical Education program outcomes.*
4. *Identify opportunities to access ongoing support and resources.*



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Alberta Regional Consortia



Safety and Instruction

The *Safety Guidelines for Physical Activity in Alberta Schools*, suggests minimum guidelines related to equipment, instruction and supervision, to ensure the safest possible physical activity experiences for students. A physically and emotionally safe environment is essential if students are going to learn and have fun!

- Just mentioning the word “dance” causes stress and anxiety for many students. To create an emotionally safe environment that encourages all students to participate in dance activities, be sure to communicate the target students are working to achieve (the outcome being assessed), and allow opportunities for student feedback and input.
- Be a role model! If the teacher is participating, energetic and having fun, it’s much more likely that the students will too!
- Forcing students into partner situations can sometimes take more time than teaching the dance steps! Consider saving partner or group work until after the first few classes of dance, and letting the students choose their own partners/groups!
- Watching a video of student dance presentations can be a great way to end a dance unit, or can be a great video to have playing in a prominent place during parent-teacher interviews!

Dance Presentations:





- Students are capable of learning many moves in a short period of time. When creating dance presentations, encourage students to incorporate a few of the moves taught in class as well as some of their own moves!
- Remind students that not all group members need to be dancing the same move at the same time, and that the group can move into many formations during the dance (line, circle, staggered, box, etc.).
- Groups need to have a definite start and end “pose” to allow the “DJ” to start and stop the music at the correct time! Encourage students to use their own music, but be sure to preview music for appropriateness before the presentation.
- Teamwork, respectful communication, and attention to the abilities of all group members are a must when creating dance presentations!
- Encourage the group to play and dress the part when presenting their dance!

Activities

Choose activities that will allow your students to have fun while learning and developing the knowledge, skills and attitudes necessary to achieve the outcome(s) being assessed. A small sample of these kinds of activities is included in this handout. Always be sure to maximize the amount of time students spend being active; the limit is your imagination!

No collection of activities and hip hop moves is complete without the sharing of ideas, tips and tricks from many professional peers. Thanks to those teachers and students who were willing to be creative and share in order to enhance all of our teaching!

HIP HOP MOVES 1

General Outcomes													
	Activities		Benefits Health			Cooperation			Do It Daily...For Life				
Specific Outcomes	<i>Basic Skills</i>	<i>Application of Basic Skills</i>	<i>Function at Fitness</i>	<i>Body Image</i>	<i>Well-Being</i>	<i>Communication</i>	<i>Fair Play</i>	<i>Leadership</i>	<i>Team Work</i>	<i>Effort</i>	<i>Safety</i>	<i>Goal Setting/ Personal Challenge</i>	<i>Active Living In The Community</i>
	A(K-12)-1,3	A(K-12)-8,9								D(K-12)-1		D(K-12)-7	

Bounce to the beat

Bend knees and bounce side to side to the beat of the music. This is a good transition to do between moves as well as a good move to do when the music changes to ensure that everyone is on the same **beat and rhythm**.

Attitude

Cross arms at chest. Turn to right and tap right foot for four. Lean back and show “attitude” in your expression. Repeat on the opposite side. Continue pattern.

Fish

Place hands in “praying” position at waist. Flick hands at wrists three times to the right followed by a clap. Hands should be placed near body and move slightly higher with each motion. Clap should end up at head level. Repeat on the opposite side for four.

Wave I

Make wave motion in front of body like an “s” shape with two dips. Alternate arms, two on each side. Bend knees and bounce body slightly with wave motion.

Raise the Roof

Pretend you are holding an object or pushing up the roof. Two hands raised together on one side of your body above the head. Four counts then change to left side.

Change the Lightbulb

Hold right hand in the air with the palm up and fingers spread. Twist the hand four times, then switch to the left twisting the left hand four times.

Lawn Mower/Snowblower

Start with the right arm straight pointing at an angle toward the floor and the left arm bent with the left hand in a fist. Bring the left fist forward and down straightening the arm like you are starting up the lawn mower and pull it back up to a bent elbow. Do this four times on each side.

Heartbeat

Adaptation to “Raise the Roof”. Reach left hand up, on left side of body, palm facing the roof. Bring right hand and up to join it, touching right palm to back of left hand. Hold together and bring to chest and out for two counts. Repeat on opposite side.

Janet Jackson

Touch shoulders, cross over hands on chest, slap thighs, turn feet “in”, “out”, “in” while head turns sharply to the right. Repeat.

Butterfly

Face knees and hands together inwards. Close and open by crossing limbs in and out simultaneously.

Camel

Step to the right with foot pointed in same direction. Slide opposite foot sideways to touch right heel, lift heel up at “touch”. Also looks like a “t” where feet join. Toe is pointed forward. Repeat for 4 counts moving in opposite direction. Swing arms and “snap” fingers with each step.

Table

Pretend a table is in front of you and behind you. Place two hands flat, one at a time on top of table and then behind your back flat on table. Fingers facing inward for both.

Grapevine

Step to the right with right foot, cross behind with left, step to the right with right foot bring left foot next to right and tap. Repeat in opposite direction, leading with left. “Pop” shoulders up and down for each count.

Round'em Up

Roll hands over each other like a boxer for two counts (Tweedle). On next two counts face palms up and forward. Bend elbows bringing hands back to chest two times on left side. Tweedle for two counts then elbows back for two on right side. Repeat.

Sprinkler

Place left hand at neck with elbow extending outwards. Extend right arm forward at waist height. Move elbows and extended arm back and forth 4 times then switch to use opposite hands. While moving upper body, turn feet in and out to the same beat.

Swing-Pull

Extend both arms to the left at shoulder height. Pull in right arm to bend at elbow. Swing both arms extended to the right side and pull back with the left arm. Repeat.

D.J.

Place one hand over your ear and the other hand is flat at waist height pretending to "spin" a record.

Stir the Pot

Pretend you are standing in front of a large pot. Grasp hands as if holding on to a large stick right fist on top of the left fist. Pretend to stir the contents of the pot rotating arms in a circular fashion, 2 counts for each stir.

Bus Driver

Extend right arm forward and pretend you are resting your hand on a steering wheel. Turn the wheel from side to side for 4 counts. With the left hand, pretend you are shifting gears. Make a fist and push a pretend stick shift forward, back then to the left and right. Repeat sequence using opposite hands.

Shopping Cart

Hold on to an imaginary shopping cart with right hand. The left hand reaches up and down pretending to grab items off the shelf to place in cart. Walk forward for 4 counts and back for 4 while reaching.

Bart Simpson

Step to the right, to the left, to the right twice. Reverse order by stepping to the left, the right and to the left twice. Repeat pattern.

Seal Walk

Bend at the knees followed with left heel forward tap. Repeat with bend and right heel tap. Double up to two bends then heel tap on each side for variation.

Scissors

Place left foot back and lean in that direction, then return to right. Place right foot back and lean then return. Make this switch quicker until the movement is continuous with an open, close pattern.





Deodorant

Stand with feet shoulder width apart. Raise the left arm up, under armpit, down, and then back to the armpit. Switch to the other side and raise the right arm up, under armpit, down, and back up to the armpit.

Brush the Collar

Raise the right hand up to the right collar and with the brushing motion, wipe your collar two times on the right. Move to the left side and brush the left collar with the left hand two times.

HIP HOP MOVES 2

General Outcomes													
	Activities		Benefits Health			Cooperation				Do It Daily...For Life			
Specific Outcomes	<i>Basic Skills</i>	<i>Application of Basic Skills</i>	<i>Functional Fitness</i>	<i>Body Image</i>	<i>Well-Being</i>	<i>Communication</i>	<i>Fair Play</i>	<i>Leadership</i>	<i>Team Work</i>	<i>Effort</i>	<i>Safety</i>	<i>Goal Setting/ Personal Challenge</i>	<i>Active Living In The Community</i>
	A(K-12)-1,3	A(K-12)-8,9								D(K-12)-1		D(K-12)-7	

Box Step

Step left forward, step right forward, step left back in line behind the right foot, cross right foot over left and repeat pattern.

Double Fist

Make a fist with both hands and face knuckles towards you with elbows bent and arms in front. Bend up and down while moving hands parallel to each other in an up down fashion

M&M

Make the M & M grip with hands by placing the third and fourth fingers down keeping the others up. Take hands and cross over each other ending with the fingers pointing down towards the floor. Repeat this action opening arms and crossing over.

Dizzy Elbow

Tap right foot out to the right side twice and swing right elbow twice at the same time. Pivot a quarter turn and repeat right foot out this time bringing elbow in twice at the waist. Repeat pattern with elbow pointed outwards and elbow down changing with each rotation. Repeat all the way around making a circle.

4 Step Box

Slide step to the right and then slide step to the left. Turn 90 degrees to face the side and slide to the front and then slide to the back. Bending elbows to 90 degrees and raising elbows to shoulder height and then back down to sides can incorporate arms.

Cowgirl or Boy

Turn right toe and knee in towards left leg and tap toe. Then turn right heel and knee out and tap, then lift right knee up. Take one step to the right; bring left leg to meet right leg, and then one more step to the right, together.

Scooper

Bend at the knees and place hands on the knees, and then stand up straight and scoop the right leg by scuffing it on the floor and bring the knee up and down. Do the same with the left leg.

Twister

Twist to the left, twist to the right, twist to the left and then jump.

Fast Kicks

Turn to do this move on a diagonal. Kick your right leg forward, then kick your right leg backwards, kick forward with right leg for 2 kicks and then hop onto other leg. Repeat by kicking opposite leg. (forward, backward, forward, forward, switch)

Straight Walk

Take 3 steps backwards and tap the left foot. Clap hands when tapping. Then take 3 steps forward and tap the right foot with a clap of the hands.

Biceps and Triceps

Lunge back with right leg and then lunge back with the left leg. While you lunge back, your arms make the movement of a bicep curl movement. Then tap right heel to the front and then left heel to the front, while your arms do tricep pulldown movement.

Whip Step

Hop back and forth from one leg to the other. Whip the arms by making a figure 8 movement across the front of your body.

Circle Walk

Walk 3 steps in a circle and then jump and clap on the forth count. Walk in a circle in the other direction and then jump and clap.

Save the last dance

Taken from the movie, "Save The Last Dance". Stand on the diagonal and cross arms out in front of your body like you are punching in front. Then pull the arms in towards the sides of your body. Next, place your hands on your knees and bend down and back up again.

Driving the Car

Place two hands on the imaginary wheel in front of you and walk forward 4 times. Reverse the car and while holding onto the wheel with two hands walk back 4 times.

Fall Back

Stand with feet wider than shoulder width. Bend knees and reach down to the ground touching the left hand to the floor on the left side just behind you. Stand back up and then reach the right hand down to the ground and touch the floor on the right side just behind you.

Quad Stretch

Hold onto your foot in the quad stretch position. Bring your bent knee toward your head as you move your head down and forward. After four counts, switch to hang onto the other leg.

Spiderman

Slide right leg out to the side while tapping the right foot down. Switch to slide the left foot out to the left side and tap left foot. Double tap right foot to the right side (single, single, double). Next, slide and tap left foot, slide and tap right foot, then tap left foot twice.

Slinky

Hold left arm up and right arm to right side (bent and tucked in). This move requires some slight hip movement and shifting of the weight while you step left, right, then double left.

Over the Top

Step back with your left foot with a slight turn to the left, then join the right leg to the left. Add the optional arms up and over to the front as you hop both feet together. Complete the move to the other side leading with the right leg this time.

Wave II

In this movement, you will be sending a rippling wave from one side of your body to the other side using your arms. Hold one arm straight out to the side and start by bending your fingers, wrist, elbow, shoulder, then onto the other side of your body with your shoulder, elbow, wrist, and fingers. You then kick the wave or ripple back to the other side. Continue for 8 counts.

Wave III

Clasp hands in front of you and drop right elbow down while the left elbow raises. Switch sides and drop the left elbow and raise the right.

Six-Step

Start in the push-up position with your knees bent. Lift the left arm up (step 1) and step the right leg through towards the left hand (step 2). Step the right leg behind the left while keeping the right hand down and turn body facing ceiling (step 3). Lift right hand up and place left hand down on left side (step 4). Swing right hand around while turning body to face the ground (step 5). The sixth step is to get back into the push-up position.

Spongebob

Stand with legs apart and hop onto the left leg and kick the right leg out to the side, then cross the right leg behind the left knee. Hop onto the right leg and kick the left leg out to the side, then cross the left leg behind the right knee.





Picture

This is a partner movement where one partner acts out taking pictures while the other partner acts out different poses for the 'camera'.

Others:



HIP HOP ACTIVITIES

General Outcomes													
	Activities		Benefits Health			Cooperation			Do It Daily...For Life				
Specific Outcomes	<i>Basic Skills</i>	<i>Application of Basic Skills</i>	<i>Functional Fitness</i>	<i>Body Image</i>	<i>Well-Being</i>	<i>Communication</i>	<i>Fair Play</i>	<i>Leadership</i>	<i>Team Work</i>	<i>Effort</i>	<i>Safety</i>	<i>Goal Setting/ Personal Challenge</i>	<i>Active Living In The Community</i>
	A(K-12)-1,3	A(K-12)-8,9				C(K-12)-8		C(K-12)-7		D(K-12)-1		D(K-12)-7	

Hip Hop Dance Tag: Students run from the “tagger(s)”. If tagged, they stop where they are and dance their favorite Hip Hop dance move. In order to be free, another person stands facing them and mirrors the same move for a count of four seconds. This frees the player and they both run back into the game.

Hip Hop Immunity Tag: Students can avoid being tagged by stopping at any point and dancing Hip Hop on the spot. If they are dancing they cannot be tagged. Teachers may wish to limit the number of times they are able to stop to dance in a certain time frame.

Hip Hop Follow the Leader: The students pair up. Decide who will be the leader and direct the follower to face the leader one behind the other. Play the music and the leader must move around the room doing Hip Hop dance. Emphasize no running! As the music stops the partners reverse roles and the new leader takes over. Repeat.

Hip Hop Bingo: In partners the students dance with each other. When the music stops, the teacher calls out “bingo” and students high-five their partner and switch to find a new partner very quickly. Encourage students to dance some of their own moves as well.

Captains Coming!: A variation of the traditional game. All students pretend they are on a ship. The gym is the ship. The students gather to start the game in the middle of the ship. The teacher is the captain! The captain points to one of the walls of the gym and the students run in that direction. If the captain calls out a hip hop move then the students stop and perform that move. Keep the pace going with students running and moving and dancing! Great to get heart rates up.

Dancing Soccer Baseball: For any game that the students are stationary for periods of time, have them dancing hip hop on the spot! If they are on the bases they must be dancing. If they are waiting a turn they must be dancing. Make sure to play the music to get them moving. This can work for many different activities.

HIP HOP MUSIC

SONG TITLE	ARTIST	CD
Like I Love You	Justin Timberlake	Justified
Crazy In Love	Beyonce	Dangerously In Love
Jenny From the Block	Jennifer Lopez	This is Me... Then
Whenever Wherever	Shakira	Groove Station 9
Gotta Get Thru This	Daniel Bedingfield	Gotta Get Thru This
We Are All Made of Stars	Moby (vocal remix)	Much Dance 2003
Nobody's Fool	Avril Lavigne	Let Go
That's the Way	Spin Doctors	Space Jam Soundtrack
Get Giggy With it, Miami	Will Smith	Big Willie Style
Put Your Hands Up in the Air	Danzel	Put Your Hands Up in the Air -EP
Please Don't Stop the Music	Rihanna	Good Girl Gone Bad
Who Let the Dogs Out	Baha Men	Who Let the Dogs Out
Whoomp! There It Is	Tag Team	Whoomp! There It Is

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