Hip Hop 1

CLASS DESCRIPTION

HIP HOP 1 is for beginner dancers ages 7 and up who are interested in learning the basics of hip hop. They will explore old-school hip-hop styles as well as the current hip hop styles, using current pop music to keep class fun and upbeat.

CLASS LENGTH	45 minutes

ATTIRE REQUIRED

Clothing:	Free moving clothing, not overly baggy
Shoes:	Tennis shoes, nonskid
Hair:	Pulled back off face and neck

PERFORMANCES

Dancers participate in two recitals a year, one in December and one in June. These performances showcase student progress and are an opportunity to celebrate your child's success.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)	Approaching (A)	Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily before going into Hip Hop 2.

		OTHER CATEGORIES
Kick cross front, ball changes	Three & four step turns	
Top rocks – front	Standing six step	Follows directions
Step cross/touch combinations	CC's	Work ethic
Chasses, hops, marching, skipping	Coffee grinders & hurricanes	Dress code compliance
Counting music/identifying the beat	Hitch kicks	Attendance
Handstand w/ single/double stag	Isolations – head, chest, shoulders, ribs, hips	

CLASS OBJECTIVES

- Demonstrate increasing kinesthetic awareness. Utilize and elaborate on the element of space in dance.
- Demonstrate and develop the following partner skills: copying, leading and following, mirroring.
- Utilize and elaborate on the element of time in dance.
- Utilize and elaborate on the element of energy/dynamics such as smooth, sharp, swinging, shaking, bound.
- Observe and describe the inter-relatedness of dance elements.
- To create and memorize movement phrases within a specified structure.

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Hip Hop 2

CLASS DESCRIPTION

HIP HOP 2 is for intermediate dancers ages 9-11 year old or those who have completed Hip Hop 1. Dancers are challenged with more complex choreography, including groundwork and poppin' n lockin', and gain a keener sense of rhythm and counting.

CLASS LENGTH	55 minutes

ATTIRE REQUIRED

Clothing:	Free moving clothing, not overly baggy
Shoes:	Tennis shoes, nonskid
Hair:	Pulled back off face and neck

PERFORMANCES

Dancers participate in two recitals a year, one in December and one in June. These performances showcase student progress and are an opportunity to celebrate your child's success.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)	Approaching (A)	Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily before going into Hip Hop 3.

		OTHER CATEGORIES
Ripples	Triplets	
Transitions/traveling	Toes in, toes out	Follows directions
Freestyle	Pulses	Work ethic
Freezes	Kick outs, cross kick outs	Dress code compliance
Pas de bourree	Shoulder stands	Attendance
Front roll	Tricks – handstands, handsprings	
Six step - standing & regular	Music counting	

CLASS OBJECTIVES

- Compare and contrast the differences between spontaneous and planned movement.
- Alternate dancing with locomotor and nonlocomotor movements in self and general space.
- Define and demonstrate appropriate behaviors while watching, creating, or performing dance.
- Learn a dance phrase and accurately repeat it.
- Create movements to express ideas, feelings, or stories.
- Discuss interpretations of and reactions to a dance. Respectfully critique others' work.
- Demonstrate safe and respectful practices during movement activities.
- Identify personal goals to improve oneself as a dancer.

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Hip Hop 3

CLASS DESCRIPTION

HIP HOP 3 is for dancers ages 10-12 or those who have completed Hip Hop 2. This class expands upon students' knowledge of hip hop fundamentals, utilizing various techniques and methods. Original choreography will be taught, allowing students to discover their own hip hop style in a stress-free and fun environment, encouraging confidence building, independent creativity, and teamwork.

CLASS LENGTH	55 minutes

ATTIRE REQUIRED

Clothing:	Free moving clothing, not overly baggy
Shoes:	Tennis shoes, nonskid
Hair:	Pulled back off face and neck

PERFORMANCES

Dancers participate in two recitals a year, one in December and one in June. These performances showcase student progress and are an opportunity to celebrate your child's success.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)	Approaching (A)	Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily before going into Hip Hop 4.

		OTHER CATEGORIES
Freezes	Kip up	Follows directions
Head spring	Freestyle	Work ethic
Back rolls	Glides *(beginner)*	Dress code compliance
Hand stands	Hand springs	Attendance
Footwork *(intermediate)*	Identifying syncopation in music & able to count with syncopation	

CLASS OBJECTIVES

- Apply and utilize kinesthetic awareness in development of movement skills and dance techniques.
- Combine the elements of dance to create dance sequences with a variety of themes and concepts.
- Observe and describe the dance elements in various dance movement studies using appropriate vocabulary.
- Dance to music with a variety of tempos and rhythms.
- Understand the difference and importance of positive and negative space.
- Demonstrate the ability to work alone and cooperatively in a small group during the choreographic process.
- Improvise, create, and perform dances based on own ideas and concepts from other sources.

Hip Hop 4/5

CLASS DESCRIPTION

HIP HOP 4/5 is for advanced dancers ages 12-18 or those who have completed Hip Hop 3. This high-energy class infuses the latest styles of street dancing, breaking, popping, and locking. Students are encouraged to bring their own individual style and personality to the movements and will be challenged to create some of their own choreography.

CLASS LENGTH	55 minutes

ATTIRE REQUIRED

Clothing:	Free moving clothing, not overly baggy
Shoes:	Tennis shoes, nonskid
Hair:	Pulled back off face and neck

PERFORMANCES

Dancers participate in two recitals a year, one in December and one in June. These performances showcase student progress and are an opportunity to celebrate your child's success.

ASSESSMENT

Dancers' progress in class is assessed formally at the end of Term 2 (December) and the end of Term 5 (June). Each dancer will receive a progress report and graded on the skills listed in this syllabus earning:

Satisfactory (S)	Approaching (A)	Needs Improvement (I)

A student is eligible to move up to the next level once they have achieved Satisfactory in most skills.

SYLLABUS

Terms and movements to be learned and performed satisfactorily.

Advanced syncopation in music & counting		OTHER CATEGORIES
Head springs	Freestyle	Follows directions
Hand springs	Glides *(intermediate)*	Work ethic
Kip ups	Combination tricks *(in a row)*	Dress code compliance
Footwork *(advanced)*		Attendance

CLASS OBJECTIVES

- Identify and explore various compositional structures and/or forms of dance.
- Create and perform movement sequences that convey meaning, ideas, feelings, or stories.
- Define and explain the role of an audience and performer in dance.
- Identify and examine factors which can affect the interpretation of a dance.
- Learn a dance phrase and accurately repeat it.
- Discuss interpretations of and reactions to a dance. Respectfully critique others' work.
- Demonstrate safe and respectful practices during movement activities.
- Identify personal goals to improve oneself as a dancer.

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