

COUGARS

INTRO TO HIP HOP



CLASS DESCRIPTION

COUGARS introduces the beginning principles of hip hop dance to 4½ - 7 year old dancers. Students explore how to isolate and control different parts of the body while moving safely through space, alone and with others. In addition to basic musicality, dancers will learn how patterns of movement can express ideas or emotions and tell a story.

CLASS AGES

4½ - 7 years old

CLASS LENGTH

45 minutes

ATTIRE REQUIRED

Clothing: Shorts/leggings, tank top/tshirt

Shoes: non-skid tennis shoes

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 concepts 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 areas.

SYLLABUS

Concepts to be learned and performed satisfactorily before moving up to HIP HOP 1.

CLASS OBJECTIVES

Demonstrate safe movement in self and general space.

Name, isolate, and move body parts.

Demonstrate a variety of sizes, levels, directions, and shapes in self and general space.

Demonstrate fast/slow movement.

Demonstrate a variety of energy qualities.

Demonstrate a variety of locomotor and nonlocomotor movements.

Demonstrate movements that express feelings, ideas, or tell a story.

Demonstrate a steady beat to music.

Demonstrate the elements of dance in improvisation and choreography.

OTHER CATEGORIES

Follows directions

Complies with dress code

Gets along with classmates

Attendance

