

Course: Introduction to Hip Hop

Lesson Five: Hip Hop Moves – Ciphers and Battles

Learning Area: The Arts

Strands: Dance

Time: 45 Minutes

Year Level: 7-8

Content Descriptor:

- Develop choreographic intent by applying the elements of dance to select and organise movement (ACADAM014).
- Structure dances using choreographic devices and form (ACADAM016).
- Rehearse and perform focusing on expressive skills appropriate to style and/or choreographic intent (ACADAM017).

Learning Focus:

- Students will learn about hip hop Ciphers and Battles, and use these forms as a vehicle for dance creation.

Time:	Teaching and Learning Strategies:	Preparation and Resources:
5 minutes	Warm-up Warm-up from feet to head, ensuring that all body parts have been articulated and moved steadily through their full range of motion (refer to lesson one for examples).	Relevant ARTS:LIVE resources • Hip Hop: Ciphers and Battles activity sheet.
15 minutes	Cipher Before beginning the activity, advise students of the following guidelines: • the running order of the cipher (i.e. around the circle or by volunteer) • when music is playing all students must clap • enter the cipher with confidence • do not comment on other dancers' moves • safety must be a priority or students will be asked to step out. Process Arrange students in a circle. Use masking tape to mark a cross in the middle of the circle. Play some hip hop music. Ask students to clap in time with the beat. Ask one student to walk into the middle of the circle, stand on the cross and perform a dance move. When they have finished performing, they re-join the circle. Repeat this activity around the circle until all students have displayed their move.	Additional resources required • a clear space with enough room for each student to move freely with their arms stretched out to the side • a music player • comfortable clothing • appropriate footwear • a range of appropriate hip hop music tracks • a device for recording video/stills. Safety • Refer to lesson one.

15 minutes

Battle

Before beginning the activity, advise students of the following guidelines:

- The group will be split into two equal groups. One group will be chosen to begin. The person numbered one from that group will begin, followed by person number one from the opposite group, and so on, until each student has had a turn to show their move. The winner of the battle is the group that has the most spectacular moves.
- When music is playing all students must clap.
- Only encourage your team. Do not discourage the other team.
- Safety must be a priority or students will be asked to step out.

Process

Divide the class into two even groups and ask them to stand on opposite sides of the room. Use masking tape to mark a cross in the middle of the room. Ask the members of each group to number themselves so that they know their running order. Choose a group to begin and play some hip hop music. Ask students to clap with the beat. Ask person number one from the first group to walk into the centre of the room to the cross and perform a move. When they have finished performing the move they re-join their group. Ask person number one from the second group to follow the same process. The groups keep on alternating in this fashion until all members have had an opportunity to perform their move.

5 minutes

Cool down

Cool down the body with slow movements and stretching exercises.

Respond

Improvisation or freestyling challenges dancers to be as creative as possible without pre-planning. A few seconds of improvisation is a great start. The students can then build up their freestyling skills as they gain confidence. As a follow up to the Cipher and Battle, ask your students to interview a friend using a recording device (audio or audio/visual) and ask them:

- How did it feel to make up moves on the spot?
- What was the best part of ciphering? Why?
- What did you enjoy most about the battle? Why?
- Who won? Describe some of the winning moves.