

Course: Introduction to Hip Hop

Lesson Four: Hip Hop Moves – The Jack

Learning Area: The Arts

Strands: Dance

Time: 45 Minutes

Year Level: 7-8

Content Descriptor:

- Practice and refine technical skills in style-specific techniques (ACADAM015).
- Rehearse and perform focusing on expressive skills appropriate to style and/or choreographic intent (ACADAM017).

Learning Focus:

- Students will learn The Jack, a hip hop move that is incorporated in later dance movements.

Time:	Teaching and Learning Strategies:	Preparation and Resources:
10 minutes	Warm up Make sure students are warmed up before this activity. Demonstrate the Jack dance move to students using the Hip Hop basics – The Jack video and then have a go at the move using the following steps: - Begin by standing with the feet a little apart and the body relaxed. - Bend the knees and then straighten up. Feel as through the movement ripples through the body from feet to head.	Relevant ARTS:LIVE resources - The Jack activity sheet. - Hip Hop basics – The Jack video.
20 minutes	Try it Have the students try the movement with you and repeat the video as required. Notice students who perform the movement well and ask them to demonstrate it to the class. Ask them what they were thinking about as they did it. Do they have any hints for the class? Have students practice this slowly without music until they get the hang of it. Next, try to do the Jack to a slower music track. Repeat it eight times, matching the Jack to the beat. Once students feel comfortable with this movement, introduce a little bounce. The bounce should include every part of the body: head, core, arms and legs. Practice makes this movement easier, so repeat it many times to your favourite hip hop tracks.	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.

25 minutes

Perform

Encourage students to perform the Jack in a 'Dance Lab' (where you experiment with a movement to see how many different ways you can perform it).

Find a piece of music you like and perform the Jack, but this time include:

- facing different directions
- using your arms and stepping out on each Jack
- going slower and exaggerating the Jack
- dancing in a tight group almost touching shoulders
- dancing in pairs
- taking on a personality – a funny, confident, clumsy or cool character.