

Course: Introduction to Hip Hop

Lesson One: Warming-Up

Learning Area: The Arts

Strands: Dance

Time: 45 Minutes

Year Level: 7-8

Content Descriptor:

- Develop their choreographic intent by applying the elements of dance to select and organise movement (ACADAM014).
- Practice and refine technical skills in style-specific techniques (ACADAM015).

Learning Focus:

- Students learn the importance of warm-up activities when preparing for dance.

Time:	Teaching and Learning Strategies:	Preparation and Resources:
20 minutes	Process: warming up Each warm-up will take some time for students to remember. It is important for students to understand the importance of warm-ups, as these are done together at the start of each lesson throughout this course. Twenty minutes has been allocated to this activity to allow time to run through the steps twice. Cardio moves Ask students to stand up and spread out so that they do not touch one another when they move. Use as much of the space as possible. Play some fast-paced music. You will need to select two songs for the warm-up. Demonstrate cardio moves for students to follow. Cardio moves increase the heart rate and warm up the muscles. Examples of these moves include: • star jumps • running on the spot • grapevines (demonstrated in video) • heel jumps (demonstrated in video) • two steps (demonstrated in video).	Relevant ARTS:LIVE resources • Isolation Warm-Ups activity sheet • Stretching Warm-Ups activity sheet. 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 and appropriate footwear • a range of appropriate hip hop music tracks.

25 minutes

Isolation moves

After completing the cardio moves, begin demonstrating isolation moves for the students to follow. Isolation moves involve isolating one body part at a time, keeping the rest of the body still. This helps with coordination and stability. Some examples of isolation exercises demonstrated in the Warming Up video include.

- head
- shoulders
- wrists
- hips
- knees.

Stretches

Now select a second track with a slower beat. Demonstrate stretches for the students to follow. Stretches help with flexibility of movement and to prepare the muscles for dance.

Examples of stretches are:

- arms
- legs
- core (abdominals)
- thigh stretches
- calf stretches.

What are we stretching?

Pass around the Isolation Warm-Ups activity sheet and the Stretching Warm-Ups activity sheet and invite students to use these to support discussion. Then, repeat all the warm-up stretches, this time when students perform each stretch, ask them to:

- point to the muscle group/s being stretched
- name the muscle group (e.g. abdominals, quadriceps, hamstrings).

Next, discuss the differences between individual flexibility. Ensure that students do not discuss each other, but rather their own level of flexibility. This will avoid any problems with students being singled out. Students may be flexible in some areas and not in others.

Safety

- It is essential to undertake warm-up and cool-down exercises to reduce the risk of injury.
- Students should wear appropriate clothing
- On concrete floors, all students must wear shoes with good shock-absorption.

Flexibility generally takes place over time with regular practice. Hyper-mobility is usually from extreme looseness in the ligaments (which join bone to bone and provide structural stability), not muscles, and is not something students should have as a goal.

Then, ask students to show other stretches they know and discuss what muscles they might be targeting. Students will now devise a personal warm-down plan to carry out at the end of each dance class, this can include goals and space for comments at the beginning, middle and end of the course.

Students undertake the following steps:

- Draw up a table that is six columns by five rows.
- In the first column, write the areas you want to improve in flexibility.
- In the second column, write what stretches you will do to target these spots.
- In the third column, note how many times a week you will perform the stretches.
- In the fourth column, note how many seconds or minutes you will perform the stretches for.
- The fifth column is blank right now. You will record any improvement after five weeks.
- The sixth column is blank right now. You will record any improvement after nine weeks.

Are there any specific sports or dance stretches that you can suggest to the class?

Students can share any goals they have set at the end of the session.