

Dance for KS1 Years 1 and 2

Lesson Objective

To be able to move your body in rhythm to set music using basic hip hop dance steps.

Warmup – move around the hall in different ways. Ask pupils to think about how they can move around the hall in different directions using different methods of travel i.e. running, jumping, side steps, backwards, skipping etc..

Stop students after 2 minutes and stretch legs and arms in particular. Ask students to think of their own or lead this part of the warmup.

Main - <https://www.youtube.com/watch?v=ujREEGxEP7g>

The link above is a 6.26 minute video showing the first 3 basic hip hop steps to a set routine. Skip to 24 seconds for the first move. Show the move first up to 1.35 mins, demonstrate, then allow the students to have a go a couple of times. Emphasis on weight on toes and be relaxed not stiff. Use their arms to make it more interesting.

Second move is from 1.35 mins to 2.35, show students again, demonstrate and allow students to copy the man on the video.

At 2.36mins connect both moves together. Side-step then step/touch. Only lasts for 16 counts. Allow students to have several goes, seeing if they can all go the same way at the same time.

3.18mins is the third move, slide. Watch video copy, add arm movements to help with movement then put all three moves together. At this point put pupils into groups of 4 or 5 and let students practice all three moves, 24 counts/beats to music.

I played this song <https://www.youtube.com/watch?v=Kr0tTbTbmVA> (Summertime – Will Smith)

Plenary – recap the moves and what is important to remember, on toes, relaxed, move arms, all go same way etc...