9/27/23 Laurel DANCE Quarter 1, Lesson 6

SEL Focus: Being Assertive: Learning means doing something new every day. Sometimes when we're doing something new, we get stuck and don't know what to do. If we get stuck, we can use a skill for learning - being assertive - to ask for help. Being assertive means asking for what you need or want in a calm, firm, respectful way. Face the person you are talking to and keep your head up and shoulders back. When you can't figure out what to do in class, remember to be assertive and ask for help.

Learning Target:
I can practice asking for what I need in a firm & respectful way when I am learning new ways to move.

MOVEMENT GUIDE/PROCEDURES

Blue = Must Do

Movement Element Vocabulary/Concepts Explained	**Props/Visual Aids -** LMA Elements of Dance poster, Action Words, Brain Dance poster/projection
Personal space bubble All 5 "elements of dance" - how we blend and use them all Action words specific to Hip Hop; e.g. "Grove"	Music (list artist, genre & meter) - "Instrumental Hip Hop" Jessica's Playlisthttps://open.spotify.com/playlist/41PtPkDtO78VYxAiIJAP4M?si=798a20ca4ae5426a

MOVEMENT GUIDE/PROCEDURES

Blue = “Must do”

ACTIVITY	Grades K-1	Grades 2-5	MUSIC,Props, VISUALS	ASSES. & Teacher STRATEGIES
GREET/ENGAGE Community Building Circle - 1. Remind students of circle agreements - talking piece - see class poster 2. Inform class that Hip Hop calls circles a “Cipher” and they have rules just like Community Building Circles 3. Prompt - **Name & If you were an animal, what would you be today and 1 reason why?**	Entry: Walk With Me or Come & Follow Me in a Line (while singing)	Meet in the hall; direct them to make a seated circle. Use a countdown to get them settled if needed.	N/A	N/A
EXPLORE Warm up w/ *Brain Dance* • **Have students bounce step through the room, finding a new spot in the circle.** 1. Breath 2. Tactile 3. Core/Distal 4. Head/Tail 5. Upper/Lower Body 6. Body sides 7. Cross lateral 8. Vestibular	Lead BrainDance physically and SILENTLY while calm music plays	Lead BrainDance physically and SILENTLY while calm music plays	“Calming Kids Music” Spotify Playlist https://open.spotify.com/playlist/0K7BHHVH6zRLuwZ9jOEncB?si=3470225fde974a86 Brain Dance poster Or PPTX	
DEVELOP/PRACTICE DANCE SKILLS 1. **Whole Class Video - Intro to African American Social Dance: https://www.youtube.com/watch?v**	For younger grades, consider alternative	Allow time to watch the 2nd video for older	Elements of Dances POSTER	Checks for understanding Thumbs up/down

=dpCBMwAweDI 2. Optional 2nd video, Hx of Hip Hop for 3rd - 5th grades: https://thekidshouldseethis.com/post/birth-of-hip-hop-black-history-in-2-minutes-video 3. Principles of Hip Hop a. Peace b. Love c. Unity d. Having Fun 4. SEL Focus **Whole class** - Being Assertive and how the pioneers of Hip Hop music and dance used this form to be assertive in a world that marginalized them. The purpose of social dance and Hip Hop - to feel connected, to let loose, to express yourself, to "heal, remember, to say 'we speak a common language'" 5. **Whole class** On your numbered spot, let's practice the following basic Hip Hop Groves 6. Start with a loose "bounce" and have students bounce to the beat while walking in clockwise circle 7. Practice basic free style "walk and freeze" using "on the beat" rhythm and a bounce to step 8. **Whole Class: Teach 4-6 Hip Hop Groves** - first facing forward breaking down the grove elements then in a cipher moving all together a. Down grove variations (The Smurf, Boots) https://www.youtube.com/watch?v=hVlAbEhWKMg b. Step/Touch side to side w/clap (slide variation)	videos: When The Beat Was Born read aloud https://www.youtube.com/watch?v=-y2K-hKX1kQ OR HipHop Lollipop read aloud https://www.youtube.com/watch?v=IhTTV6GjcIw After watching the first video, full class discussion or question & answer about the importance of understanding where this popular form of dance comes from and why we honor the lineage (avoid appropriation). Ask "how did early pioneers of Hip Hop music and dance use it as a way of being assertive in the world?"	grades to get a more nuanced history of Hip Hop specifically	**K-2nd** "Mee Wee Hip Hop for Kids" https://open.spotify.com/album/1yjk5rVfA943EL3QvbVvGU?si=rltjZSLSSGKzUaL1O6pmzg OR "2022 Hip Hop for Kids": https://open.spotify.com/playlist/6vbt7pvryMrUQgaVZMgGax?si=73d545a400164fa5 **3rd - 5th** "Raised on Hip Hop" (clean): https://open.spotify.com/playlist/37i9dQZF1DX3YSNrkBY3IB?si=ceef2c337d444a15 "Instrumental Hip Hop" Jessica's Playlist https://open.spotify.com/playlist/41PtPkDtO78VYxAiIJAP4M?si=798a20ca4ae5426a	

https://www.youtube.com/watch?v=ujREEgxEP7g c. Toe step in front with "Brew the Stew" arms d. Heal step in front with "flapper" arms e. Top Rock https://www.youtube.com/watch?v=qURwhTE2xB0 ***Consider introducing students to a whole class cipher and how we "pass the grove" by going in a wave around the circle with a very simple move (e.g. step touch)** ****Extra challenge** - to practice "Being Assertive" students can have the option of entering the middle of the cipher to show their grove				
CREATE ● In **small groups:**: a. Ask students to create mini movement sentence with 3 actions (using groves we learned) in this pattern: i. GROVOE 1; ii. FREEZE SHAPE; iii. GROOVE 2 b. Ask student how they can "embody" as sense of being assertive while they execute their movement sentence ● If time allows, have small groups demonstrate their sequence				create/demonstrate/ say to show understanding. Led by:
REFLECT Closing Circle: **Leave 5 minutes at the end of the class for this.**	Whole class	3 small groups if time allows	N/A	**Led by: Student Teacher**

● Guide students through some “cool down” stretching and breathing ● ASK: How is Being Assertive important for trying new things? How can you use it for owning your learning or solving a problem?				
RESOURCES ● LMA Posters - Elements of Dance ● Brain Dance poster/projection ● Laurel school wide SEL universal instruction (Zones, R.O.A.R.), 2nd Step Curriculum, Lynx Language				

Bullet Point LP:

1. Entry song (or come sit in a circle)
2. Circle: Inform class that Hip Hop calls circles a “Cipher” and they have rules just like Community Building Circles
   Prompt - **Name & If you were an animal, what would you be today and 1 reason why?**
3. Brain Dance
4. Videos about Hip Hop
5. Principles of Hip Hop
   a. Peace
   b. Love
   c. Unity
   d. Having Fun
6.