

## Quarter 3- Week 1 Physical Education 10

# ACTIVE RECREATION (Street and Hip-Hop Dances)

### Points to remember

Street dance refers to dance styles that have evolved outside of dance studios. It is performed in streets, dance parties, parks, school yards, or in any available space. It is often improvisational and social in the nature, encouraging interaction and contact with spectators and other dancers.

A full street dance is a collection of various similar dance moves and styles put together into one practice and regarded as the same dance.

Hip-hop is a cultural movement best known for its impact on music in the form of the musical genre of the same name. It has its origins in the Bronx, in New York City, during the 1970s, mostly among African Americans and some influence of Latin Americans. Hip-hop culture is composed of the pillars such as DJ-ing, rapping, breakdancing, and graffiti art

Hip-hop dance, on the other hand, refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. Hip-hop music incorporates a number of iconic elements, most notably DJing and rapping, along with things like beat boxing, sampling, and juggling beats on turntables

### STREET AND HIP-HOP DANCE STYLES

#### B-Boying

B-boying or breaking, also called breakdancing, is a style of street dance and the first hip-hop dance style that originated among Black and Puerto Rican youths in New York City during the early 1970s. A practitioner of this dance is called a b-boy, b-girl, or breaker. Although the term breakdance is frequently used to refer to the dance, b-boying and breaking are the original terms.

#### Four Movements:

**Toprock footwork** - oriented steps performed while standing up

**Downrock** - footwork performed with both hands and feet on the floor

**Freezes** - stylish poses done on your hands

**Power moves** - comprise full-body spins and rotations that give the illusion of defying gravity

#### Popping

Popping was popularized by Samuel Boogaloo Sam Solomon and his crew the Electric Boogaloos. It is based on the technique of quickly contracting and relaxing muscles to cause a jerk in a dancer's body.

Popping forces parts of the body outwards, similar to an explosion within parts of your body. Popping also contracts muscles, but it is followed by relaxation that gives it the jerking appearance of popping.

#### Locking

Locking or campbellocking, was created by Don Campbell in 1969 in Los Angeles, California. It was popularized by his crew, The Lockers. Locking can be identified by its distinctive stops. It is usually performed by stopping the fast movement that you are doing, locking your body into a position, holding it, and then continuing at the same speed as before. In locking, dancers hold their positions longer. The lock is the primary move used in locking. It is similar to a freeze or a sudden pause. A locker's dancing is characterized by frequently locking in place and after a brief freeze moving again.

#### Krumping

Krumping is a form of dancing that originated in the African-American community of South Central Los Angeles, California and is a relatively new form of the "Urban" Black dance movement. It is free, expressive and highly energetic.

Most people paint their faces in different designs. Krumping is a dance style to release anger. It is reported that gang riots in the United States decreased because of krumping style.

## **Tutting**

It is a creative way of making geometric shapes forming right angle using your body parts. The style was originally practiced by young funk dancers. It is derived from the positions people were drawn in during the days of the Ancient Egyptians. It is the positions seen in these portraits that have been adopted by dancers today. Tutting is still a greatly respected move and King Tut aka Mark Benson is widely acclaimed for pioneering the style

## **Shuffling**

The Melbourne Shuffle (also known as Rocking or simply The Shuffle) is a rave and club dance that originated in the late 1980s in the underground rave music scene in

Melbourne, Australia. The basic movements of the dance are a fast heel and toe ction with a style suitable for various types of electronic music. Some variants incorporate arm movements. People who dance the shuffle are often referred to as rockers, due in part of the popularity of shuffling to rock music in the early 1990s.

## **Waacking**

Waacking is an African American form of street dance originating from the 1970's disco era of the underground club scenes in Los Angeles and New York City. Waacking consists of stylized posing and fast synchronized arm movements to the beat of the music. Today, waacking is a popular element of hip hop dance

Name: \_\_\_\_\_

Score: \_\_\_\_\_

Section: \_\_\_\_\_

Date: \_\_\_\_\_

### **Activity 1. SINE MO 'TO presents: SITIO KATAMAKAWAN**

Watch the dramatize story about Sitio Katamakawan. Describe the lifestyle of the people of this community. (Answer the questions below)

1. Search the Dramatized Story Video about Sitio Katamakawan on Youtube. Copy the link below. (Link: <https://youtu.be/9yCYhW6oEYw> )

**Note: If internet or data connection is unavailable:** Kindly read the story below about **“Sitio Katamakawan”**

**“Sitio Katamakawan is a community of lazy and gluttonous people. They sit or lie all day and eat everything on their mouth desires. Each family has a housemaid to take care of all the household chores. The children of this community are addicted to playing computer games although they maintain their passing grades. They are not allowed to play outside to prevent accidents. Most of the time, the teenager surf the internet. Most of the parents are overweight because after their work, they watch television while having night snacks. Some men are into smoking and drinking alcohol.”**

2. Answer the following Questions:

1. Would you like to live in this community? Why?
2. Which health dimensions are sustained, and do the people live a physically active and healthy lifestyle?
3. What are the possible diseases the people of this community might have?
4. What are the risk factors of these diseases?
5. If you were a friend of one of the members of this community, what would you advise her/him to achieve fitness?
6. What are the advantages and disadvantages of media and technology to our health?  
What recreational physical activities can you suggest to the children, teenagers, and adult members of Sitio Katamakawan?

### **Activity 2. CINEMA 1: Now Showing “Step Up 4” (Last Dance)**

1. Watch the movie “Step Up 4” (Last Dance) on Youtube. Copy the link below. Answer the following questions. (Link: <https://youtu.be/0-gEpuuTSIE> )

2. Answer the following Questions:

1. What dance form is shown on the movie?
2. What is a street dance?
3. What is a hip-hop dance?
4. What particular movements/steps strike you? (List down)
5. Can street dance and hip-hop dance improve fitness? How?
6. Can we use street dance and hip-hop dance as our recreation activity? Why? and How?