

Materials Needed:

- Comfortable clothing (sweatpants, t-shirt)
- Supportive sneakers
- Open space to move safely
- Music player and upbeat music (Hip Hop, Funk)
- Water bottle
- Access to online video examples (optional, teacher/parent curated)

Get Ready to Move! Introduction to Street Dance

Hey there, future dance star! Ever see dancers moving in really cool, energetic ways on the street or in music videos? That's often street dance! It wasn't invented in a fancy studio but grew from communities, parties, and streets, especially with the rise of Hip Hop culture. It includes styles like Breaking (B-boying/B-girling), Locking, Popping, and Hip Hop dance. Today, we'll learn some basic moves and feel the rhythm!

Warm-Up (5-10 minutes)

Let's get our bodies ready! Put on some music.

1. **Jog in place:** Gently jog for 1 minute.
2. **Joint Rotations:** Slowly circle your wrists, elbows, shoulders, neck (carefully!), hips, knees, and ankles. 5 circles each way.
3. **Stretches:** Gentle stretches like arm circles, leg swings (hold onto something if needed), and touching your toes (don't bounce!).

Learning Some Moves! (15-20 minutes)

We'll try a few foundational steps. Don't worry about perfection, just have fun!

- **The Groove:** Stand with feet shoulder-width apart, knees slightly bent. Bounce lightly to the music, letting your shoulders and hips move naturally. Feel the beat!
- **Basic Top Rock (Breaking):** This is often done before floor moves. Step forward with your right foot, then bring it back. Step forward with your left foot, bring it back. Keep a slight bounce and let your arms swing naturally. Try crossing one foot slightly in front of the other as you step.
- **Simple Footwork Step (Hip Hop):** Step to the right with your right foot. Bring your left foot to meet it. Step to the left with your left foot. Bring your right foot to meet it. Repeat! Add a little bounce or 'groove' to it.
- **Baby Freeze (Breaking - Simplified):** (Try this carefully on a soft surface if possible). From a low crouch, place both hands flat on the floor in front of you, shoulder-width apart. Lean forward slightly, resting one knee on the elbow of the same side. Lift your feet *just* off the ground for a second. This takes practice and strength! Only try if you feel comfortable.

(Teacher/Parent Note: Search for 'basic top rock tutorial for kids' or 'simple hip hop steps for kids' for visual aids if needed. Supervise the 'Baby Freeze' closely or skip if unsure.)

Let's Combine! (10 minutes)

Put on a fun song! Try doing the steps we learned:

1. Groove for 8 counts.
2. Do the Top Rock step 4 times (Right-back, Left-back = 1 time).

3. Do the Side Step footwork 4 times (Right-together, Left-together = 1 time).
4. Try your Baby Freeze (optional and careful!) or just strike a cool pose!

Can you put these together in your own way? Try creating a simple 4-count or 8-count combination!

Cool Down (5 minutes)

Great job! Let's slow down.

1. **Slow Walk:** Walk slowly around your space, taking deep breaths.
2. **Stretches:** Hold gentle stretches for 15-20 seconds each. Stretch your arms, legs (quads, hamstrings), and shoulders. Don't bounce.
3. **Deep Breaths:** Stand tall, inhale deeply, exhale slowly. Repeat 3-5 times.

Reflection

What was your favorite move today? What felt challenging? Street dance is all about expressing yourself and having fun with the music. Keep practicing your groove!