



Dance is more than just the steps- It is a creative and fun process, too! Include these activities at the end of your 50-minute class to keep it fun.

Hip Hop 12 Week Series

WEEK 1

Our Team: Better Together

Directions:

Pass out one puzzle piece to each student and encourage them to decorate the puzzle pieces with their name or anything that describes them or expresses their personality. Following the decorating, have each dancer give a brief presentation of their puzzle piece decoration. Enjoy watching them place the pieces together to form their "team". Everyone is different but together they create a beautiful tapestry that is unique to the class. Each piece is needed to make the entire picture be unique and beautiful.



Materials:

- One puzzle that allows each dancer to have one piece to decorate. You can use the backside of a store bought puzzle. Just make sure that all of the pieces create one puzzle. If you would like, purchase a blank puzzle from a craft store and decorate the front with your program name. Have the students decorate the backside uniquely.
- Markers, colors to decorate the puzzle pieces

WEEK 2

Dress Up Relay

Directions:

Divide the dancers into two equal groups and place them in a file opposite each box of clothes. In case your numbers are not even, one dancer will be picked to go twice on the lopsided team.

The object of the game is to have each athlete race to the box, put all of the clothes on from the box over their existing practice attire. Make sure that each button, zipper or ribbon is properly worn or "put on". Once they are "approved" as being dressed, they must take the clothes off from the box, place them back in the container and tag the next athlete to run and complete the process all over again. All of the players repeat this process and the first team to have all of their players finish the costuming task and arrives back to the starting line is the winner!

Don't forget to video this relay race and post it on Social Media!

Materials:

- Two boxes to hold clothes
- Different types of dress up clothes that are easy to take on and off comfortably. Scarves, hats, gloves, jackets, wigs, old costume/uniform pieces, shirts, etc.
- Make sure you divide the clothes pieces equally into the two boxes and place them at one end of the class space.



WEEK 3

Why I Love to Dance

Directions:

Have the dancers sit in a circle. Display the object to be tossed around the circle and state that upon catching the jacket (shoe, etc.) they will share with the group what they love the most about dancing Hip Hop. After they share, they throw the object to another team member. Reinforce that no one can hold the object twice so everyone can be heard.

Variations:

What do you love about Pom?

What do you love about ____ (name of program)

What do you love about this team?

Name a trait or quality you love about a teammate.

Materials:

An object for the athletes to pass or "throw" around the circle. Since Hip Hop is the dance genre, bring something that has relevance to the art form. Perhaps a fun jacket, stuffed animal that has swag, etc. Be creative or use a fun jacket or shoe!

Encourage the discussion and make sure you are a part of the circle!

WEEK 4**Hip Hip... Hop!****Directions:**

A variation of Duck Duck Goose, the dancers sit in a circle. Make sure the dance space in the circle is big enough for movement.

One athlete stands outside the group and tags, lightly touches, teammates on the head saying Hip, another athlete is tapped on the head Hip and then he tags one saying Hop! The tagged athlete moves to the center of the circle and performs a combination, step, anything that they want to share or express. The dancer then is the selector of the next athlete in the circle. Keep the game moving and you may want to sit in the circle too to show off your skilz!

Don't forget to post your video on Social Media!

Materials:

None

WEEK 5**Cha Cha Slide****Directions:**

For a fun and different activity, teach the dancers the *Cha Cha Slide*. The parents will love seeing their athletes having fun and even invite some of them in to participate. If you do not know the *Cha Cha Slide*, download the lyrics and the music will tell you what to do!

This will make for a GREAT video to share on your team page and on Social Media!

Materials:

Locate the song on iTunes if you do not have it in your Playlist

**WEEK 6****Limbo!****Directions:**

Keeping with the "fun social dance theme" from last week, have the dancers line up and Limbo under the stick performing their favorite moves. See how low they can dance under the broomstick and enjoy laughing with your athletes.

Variations include:

- Seeing how low the dancers can consistently go under the stick and are "out" if their hands or knees touch the floor as they go under to crown a "Limbo Line Winner".
- Tempos being changed so they have to Hip Hop in a groove style or "smoother" where other beats require more up-tempo and athletic power moves.

Share this game and the variations in The Connection!

Materials:

A broomstick or something to "dive under" for the dancers

WEEK 7**The Freeze!****Directions:**

The athletes can perform any dance move but must "freeze" or pause when the song is stopped. If anyone moves, they are "out" and must watch. Vary the songs, tempos and have fun allowing creative movement.

This game is a favorite in dance classes everywhere! Video and share on Social Media or The Connection.

Materials:

None

WEEK 8

Across the Floor Fun

Directions:

This game has several “parts” and consists of your dancers traveling across the floor from side to side.

Task 1: Place the cones across the floor for each file or line of dancers to weave in and out while performing. The object is to have them jump over the cones or dance in between them. Enjoy filming their creative movements.

Task 2: Pair each dancer with a partner and have them “pose” across the floor. They can complete some weight sharing exercises, pose like John Travolta or grab hands and chassé with style!

Task 3: Give them steps or motions that they must complete as they move - a James Brown split, head looks and claps, wrist rolls, etc.

The main purpose is to have fun and expand their creativity. Join the group and share on Social Media!

Materials:

- Small or short Cones

WEEK 9

Roll the Dice

Directions:

Gather the athletes in a circle and roll the dice. Each dancer will perform the step or move shown on one die a multiple of times as indicated by the number on the second die. So if an athlete rolls a 2 and Six Step, they will have to complete two 6 Step moves.

Variation: Have the dancers “add on” with their roll of the dice. So using the example above, Athlete B would roll the dice and add his or her number of steps to the 2 6 step from Dancer A’s roll.

Don't forget to share this on Social Media!

Materials:

Two large foam dice. One of the die will have numbers and it will be used for the number of repetitions that a move will be completed. On the other die, use masking tape and list dancer terms. Use vocabulary from the Hip Hop units or add your own! Varying the styles from Pom to Hip Hop or cheer will increase the fun.



WEEK 10

Pass the Ball

Directions:

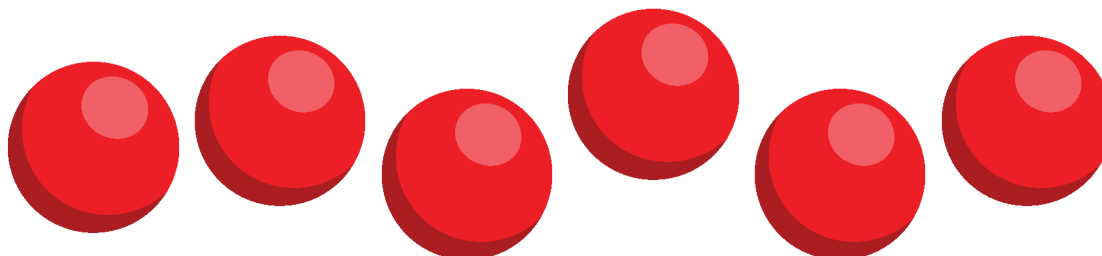
Gather the athletes in a circle and play fun music. Begin with all facing out and turn over their left circle to pass the ball. The stance is a wide second position and to pass the ball twist from the left to pass to the athlete next to them. Increase the tempo and after 30 seconds add a second ball to the mix, continuing until all 5-6 balls are moving through the circle. The athletes will laugh and love moving quickly. Reverse and pass over their right shoulder.

Vary the tempos and enjoy taking the exercise balls in and out of the circle for increased endurance and participation.

Make sure you video this and share the laughter on Social Media!

Materials:

- 5-6 large exercise balls



WEEK 11

Decorate with Swag

Directions:

Divide the athletes into two teams and place in a file. One athlete is the “Swag Performer” at the opposite end of the room for each file. Each athlete will perform a certain dance move down the length of the practice area and then hook or place their swag article on the performer and dance back. The first team to dance their way down the room and place the swag on their performer is the winner. The items must stay on or the dancer has to perform down the room and “fix it” on the performer.

Come up with a list of their favorite moves for them to travel down the floor doing:

- Kick step touch
- Hop on one leg and tutt as you move

This is such a fun game to video. Enjoy sharing this on Social Media!

Materials:

Gather together as many swag items as you can find. Make sure the amounts are even as the game is played with two teams in a relay style. Hats, chains, jackets, shoes, etc. are great pieces to have for this activity.

WEEK 12

Hip Waddle

Directions:

Divide the dancers into two evenly numbered teams.

Pair up the athletes and have them place a balloon or ball between their hips. (It may be helpful for them to wrap arms around each other’s waist but do not give them that tip, they will probably figure it out for themselves!). The object is to race down the dance room and back in a relay fashion. The first group that completes this is the winner.

Variation: After completing the game above, place the ball or balloon in-between their knees and they must run down the floor and “drop it” in a box. The first team that finishes is the winner!

As always, don’t forget to share this on Social Media! It will inspire others to incorporate these activities in their program.

Materials:

- Small balls or balloons.
- Enough for one ball or balloon per pair of athletes.

From a Veteran Hip Hop Dance Program Owner:

Our athletes love themed classes. Specifically for Hip Hop, the styles are distinctive. Athletes love to embrace and embody the genre and style being taught. For example, they love to “Throw Back to 80’s”. Kids learn disco moves, show them to their family and the parents demonstrate what they did on the dance floor! Examples are the Running man, Roger Rabbit, etc. Make sure that the entire class song list is only 80’s music. Don’t forget the best part: Have the coaches and athletes dress 80’s too!

Pom 12 Week Series

WEEK 1

Making Shapes with a Rope

Directions:

Begin the game by discussing teamwork. "What is teamwork? How can we work together best? Should we all talk at one time? No, listening is important. Let's play a game where you need to listen and you need to be brave and speak up too!" We are going to create shapes like a circle or square. First we will be blindfolded so we have to listen and imagine our shapes.

Blindfold each athlete and have them stand in one line. Place the rope in each of their hands. While placing the rope in their hands, describe the objective of the game: make a Circle (or Square, Diamond, etc.) with the rope.

Begin timing their game now.

This game is more difficult than it appears so help the team by giving them clues:

What should we do first? Who should move first? See if anyone takes the lead or gives suggestions. Allow time for them to contribute.

When the team thinks they have completed creating the shape, take a picture with your phone and then have them remove their blindfolds to see their creation.

Try again using a different shape and see if their time improves. It should!

Follow up: What make this game hard? Was it difficult to hear and understand what to do? Were you surprised by how hard it was? What are some of the keys to working together?

Don't forget to post your pictures in Social Media!

Materials:

- One long rope and a blindfold for each athlete.
- Timer and phone

WEEK 2

Walking the Plank

Directions:

Let's pretend we are on a pirate ship (if they are younger athletes). For older athletes this is a game of teamwork. We are all on the plank and can come back on the ship if we reverse our order or have the first person last and the last person first! We have to work together to make this happen.

Divide the athletes into even numbers and have them stand within the boundaries of the "plank". All of the dancers should be facing the same way on the plank. The object of the game is to reverse the order of the dancers without stepping off the plank and falling into the water! So 123456 should end up being 654321 at the end of the game.

Time the groups and see which team arrives to the conclusion first. What are the best ways to problem solve?

Listening, working together, being creative, etc.

Don't forget to post your pictures on Social Media!

Materials:

Mark a section on the marley or mat that is 2 feet across and 4 inches long (size of a 2x4)

1 0 9 8 7 6 5 4 3 2 1

From a Veteran Dance Program Owner:

Something we do for a fun change at practice is teach an 8 count of the skills they have already learned in center or across the floor. Give the dancers the challenge of reversing the 8 count. They begin from 8,7,6,5,4,3,2,1 and perform it for their classmates. It's fun and very brain stimulating!

WEEK 3

All Aboard!

Directions:

Take a large sheet and spread it on the floor. Have all the dancers stand on the sheet together. Once they have done this, fold the sheet to make it smaller. Again, have all the dancers get on the sheet. Continue this process. Eventually, the sheet will be so small that the athletes will need to use a great deal of cooperation, teamwork, and ingenuity to get the whole team on the sheet without anyone falling out/off the sheet.

Don't forget to post your pictures on Social Media!

Materials:

- Large Sheet for the entire class to stand on.

WEEK 4

Human Dragon

Directions:

Divide your class into 4 teams. You can have odd numbers or vary the length of the "dragon" depending on the age of your students. Older athletes can have larger numbers on each team or "dragon".

Each Dragon designates the "head" person and the "tail" section of the Human Dragon. All other athletes fill in behind the head of the dragon by holding on to the person in front of them at the waist.

The goal of the activity is to have the head of each dragon attempt to tag the tail of any other dragon team. Only heads of the dragon can do the tagging because all other team members must remain connected (with two hands) to their classmates. Athletes attempt to avoid having their team's tail be tagged and skillfully attempt to shield their tail from other dragons on the prowl. Once your tail is tagged, you must have one dragon team member be a part of the new dragon team. Try to have one team left!

Questions to ask once the game is complete:

Did you have to work together? What was the best part of the game?

Capture the laughter and fun of this game and share it in Social Media!

Materials:

None

WEEK 5

Don't Let It Go In the Hole!

Directions:

"This game is fun and requires us to work together! Let's see how we can listen and make a strategy to keep the two balls out of the holes today!"

First, make the tarp move like a wave. Then drop a ball into the tarp. The athletes have to work hard to keep the balls out of the holes and on the tarp.

For a variation drop another ball onto the tarp for even more teamwork.

Video and share on Social Media!

Materials:

- Circular tarp with holes cut out in 6 places on the tarp.
- 2 Tennis Balls

From a Veteran Cheer and Dance Program Owner:

We are a cheer and dance gym, and we don't specify that cheer is to watch cheer. We push hard to support our whole gym under the same roof no matter the child's passion. We have our cheer team's watch our dance classes when showcasing a piece, across the floor movement or if a child is excelling in a specific move. It makes everyone feel involved in the entire program as well as helps to prepare the performing athletes for their parent's viewing.

WEEK 6

Body Parts

Directions:

Listening is a big part of being on a team. The object of the game is to listen to the cues and match what the coach announces.

Have the dancers mingle around the dance space until the coach calls out a body part and a number. An example is “three knees”. The athletes have to form a group of dancers closest to them and bring their knees together to make a trio of kneecaps. Vary the body parts and the number of dancers needed to create these combinations. The dancers have to combine their creations with different athletes each time.

If a dancer is not a part of a combination or group, he or she gets to pick the next body part and call out the task. Elbows, knees, feet, wrists, etc. are all great ideas to announce. Encourage the athletes to mingle and be creative.

Post your videos on Social Media and share any tips or tricks to make the game extra fun!

Materials:

- None

WEEK 7

Group Jump Rope!

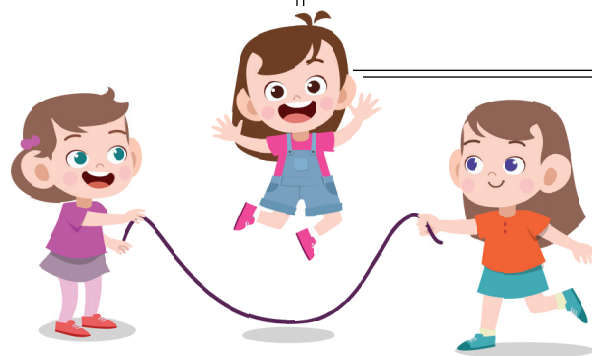
Directions:

Jumping rope is a fun group activity! Have an athlete on each end of the rope and the dancers jump/join in. Play some fun music, vary the rhythms, sing songs and enjoy the camaraderie. The dancers can then add into the center to have a fun competition of how many athletes can successfully jump rope together, who can last the longest, etc.

Make sure you grab this fun activity on video and post on Social Media!

Materials:

- Several large jump ropes



WEEK 8

Drawing with Two Hands

Directions:

Have the dancers stand in front of their masterpiece canvas with a marker in each hand. For one minute they draw and color using both hands and play a slower song for their inspiration.

Ask questions following the activity. What was hard about using the two markers at the same time? Do you practice being ambidextrous at home?

Repeat the process and play an upbeat song while the athletes color for one minute.

Share with the dancers that scientists believe that if they practice using both hands while coloring or writing that they will increase communication capabilities, extend their focus and assist in their coordination being more refined. The cause is due to them using both their right and left brain at the same time. What other ways can they practice this activity at home?

Don't forget to post your pictures on Social Media!

Materials:

- Large pieces of paper attached to the wall, 2 sheets per dancer
- Tape to mount the paper
- Markers for each child, 1 per hand
- Markers for each child, 1 per hand

WEEK 9

Pass the Hula Hoop

Directions:

Have the dancers stand in one line and place the Hula Hoop on one dancer's arm. All of the athletes are linked by clasping hands. The object is to move the Hula Hoop down the line from one end to the other by contorting their body and having it pass over their arms, shoulders and legs to pass it to the next dancer without breaking the chain. Time the process and see if they can beat the clock during a second round!

Don't forget to post your pictures on Social Media!

Materials:

- One large hula hoop

WEEK 10

Wheelbarrow Races

Directions:

Some classic games are "musts" to recreate in your rehearsals. This is a go-to for team building as the athletes must work together in pairs to race against other sets of dancers "for the win". One dancer is the base and the other holds their partner's legs to run/hand walk to the finish line.

Videos of the laughter and fun will be a hit with parents!

Don't forget to post and share how you implemented this game within your program on Social Media!

Materials:

- None

WEEK 11

Balloon Knock Out

Directions:

The object of the game is to knock down or burst the other team's different color balloons while keeping your team's balloons in the air.

Divide the athletes into two teams. Each dancer blows up a balloon. After all of the balloons have been blown up, the teams stand at the opposite ends of the room. After "go", the athletes launch all of the balloons into the air by hitting them.

A balloon will be eliminated if it touches the ground and is not reintroduced into play. The first team to knock down the opposing team's balloons is the winner.

This game is fun to play, so be sure to record the giggles and frantic pace. If possible, play the game at least one more time and compose different team members to encourage bonding.

Don't forget to post your pictures on Social Media!

Materials:

- Balloons in two different colors, at least 10-20 of each color per game. Plan on playing the game at least twice.



WEEK 12

Team Cups and Downs

Directions:

Place the cups in the middle of the room and divide them in half. Half are sporadically placed up and the other half are placed down equally for the two groups. Name one group the "ups" and the other athletes are named the "downs". The "ups" try to turn all of the cups to the up position while the downs do the reverse. Give everyone 45 seconds to play the game and accomplish the task.

After the time allotment, count the cups to see what group is the winner.

Replay and shorten the time span to increase the pace of play.

Materials:

- 20 or more plastic or paper cups



Bonus Week Edition - Pom

WEEK 1

Emotions in a Hat

The emphasis on this unit is showmanship!

Directions:

Performing is like communicating a word without talking! What word do you want to say to the audience about how you feel? Let's sit in a circle and demonstrate showing feelings with our bodies.

Can you show me excitement? (Give an example like going out for ice cream on a hot day.)

Express being sad with your body. (Chat with them about having a bad day and feeling upset.)

What are the differences between the two?

Excitement is typically conveyed when our body is stretched, chins are up, eyes are lit up, smiling and moving around with joy

Sadness is our torso being slumped, eyes down, chins down, not smiling and very still.

Any other words you want to express?

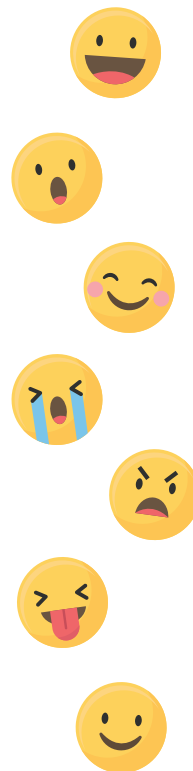
We are going to walk across the floor and I am going to give you a word. Walk in a way that communicates or expresses the word:

Determined • Confident • Sad • Mad

To conclude our practice we are going to perform a small Pom combination. Each of us will dance the same movements but express it in a different way. Coach places words in a hat before the class. The words are:

Surprised • Sad • Anxious • Confident • Shy • Eager • Strong • Excited • Unhappy

The dancers try to guess the word while playing the game. Add your own words to this to make it even more personal for your performers!



WEEK 2

Crayons, Color and Creating

Directions:

Crayons are like dancers. They have different colors and express themselves by presenting a "feeling" or a color to the world. When you see pink what do you think? Sassy, playful, girly or feminine? When you see red what can it mean? Determined, Angry, passionate, loving (think Valentine's day). Each color is unique just like emotions on a face are unique.

Let's imagine we are a crayon color. What color would you be? Using the Pom combination, pick a color and reflect the energy of your color.

An example is yellow. Fun, joyful, sunshine, energetic. Make sure to perform with your whole body and not just your face!

Other examples for you to use:

Blue – sad or anxious • Orange– bubbly, zesty • Purple– royal or very stately • Red– loving, fun

A fun incorporation could be to have a Twister game for them to play to conclude the session and reinforce the color theme.

Coaches, prepare a playlist composed of songs with colors in them. Vary the tempos so the dancers have to stretch the movement and listen to the songs to reflect their energy level and feeling.

What's Your Favorite Color Song (POM)

RED- Can't Stop the Feeling, Red Lights (Tiesto)

YELLOW- Walking on Sunshine, Counting Stars (One Republic)

BLUE- Royals (Lorde), Blue (Eiffel 65)

ORANGE- Happy, Firework, Roar



WEEK 3

Costume Closet

Directions:

Encourage your dancers to bring a fun or wacky costume piece to wear for this exercise during the class. It can be a bandana, wig, tiara, anything that brings out a "character" in your dancers. An alternative is to invest in some dollar store items for you to pull out occasionally and have the dancers perform "in costume". The dancers will love wearing swag or other fun pieces.

Vary the styles of the music with the costume piece- from 60's, Hip Hop, marching selections, to children's songs. Have the dancers work on looking at each other while performing to emphasize eye contact. "Acting" or playing will encourage them to come out of their shell and be a bit more open to looking at each and smiling. Character development and spontaneity lead to great choreography/creative movement surprises!

Video the dancers with your phone or iPad and send to the individual parents as a nice surprise in their email. They will love the clip and appreciate seeing their child in action.



WEEK 4

Show Me Whatcha Got

Directions:

Cardboard pieces with the numbers 5-10.

Discuss the Olympics/Dance TV shows and how athletes/dancers perform for judges to receive a rating.

We have been working on our performance qualities for a few weeks now. Today will be a fun game to test our skills. Remember to use eye contact, extend your arms with energy and smile using the word fun.

Begin with a walk-in like the Olympics/TV show and have the dancers sit on a spot.

The dancers perform the combinations giving 100% in their face and body, reinforcing not only showmanship but their knowledge of the routine. Should they need to do it in groups, judge the entire unit as one and do not single one of the performers out- they should all get the same score.

Have a preliminary, and then a final, round. Winners do not need to be named. Encourage the fun of performing for each other and an audience.

WEEK 5

Pom Term Jumble

Directions:

Write all of the Pom terms on large index cards:

Clap, Clean, Go Punch • High V /Low V • Daggers • Bow/Broken Arrow • Half T/T • Touch Down • Right/Left Diag • Cheerio

Add in a few skills: Toe Touch • Kick • Leap

Scramble the cards and have fun creating a routine! Add different tempos and styles of music to make it entertaining.

Reinforce reflecting the music by being the character of the song or thinking of a word or color.

Touch Down

Half T/T

Cheerio

WEEK 6

Show Off!

Directions:

Practice the walk and emotions in a hat game once before inviting parents/family/friends in for a Show Off!

Demonstrate the most successful showmanship games and the Pom combinations together to display the transferable skills of performing, dancing and being confident. Have the parents video their children and provide pictures in your facility of their best efforts! Conclude by asking the dancers what their favorite showmanship game was during the six weeks.

Bonus Week Edition - Hip Hop

WEEK 1

Opposite Day

The emphasis on this unit is exploring shapes, rhythms and movement!

Directions:

Have the dancers take a combination and explore ways to create opposite movement. Move them into files, circles, semi-circles and other shapes so they can see the visual effects that doing oppositional movement creates.

Inspire them to move and complete the combination. Are there steps that they can move from one form to another using this oppositional movement?

Vary the tempos and style of the music.

WEEK 2

Cause and Effect

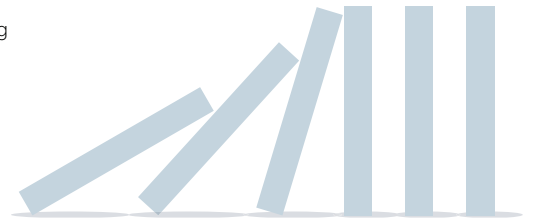
Directions:

"Cause and Effect" is an interesting choreography concept. An example of this is to stand in a line. The first person causes an action and the second person responds to it. It then continues down the line.

Think of one line being on their knees and the second level is standing. Can they react as if something causes them to move from one person to another up and down the line?

Show off your creations to each other.

Coaches: This can be done all together or split the class into groups.



WEEK 3

Take it to a Whole New Level

Directions:

Explore creating levels. Think of dancing a step lying down, sitting, kneeling, in a plié, standing, on your toes. Then vary the positions of the dancers to be in levels. Can you switch the levels while dancing? Can you move and switch the levels?

Coaches: This can be done all together or split the class into groups.

WEEK 4

Change the Quality of the Movement

Directions:

Words are powerful. Dancing is really powerful when it reinforces this concept. Hip Hop is one of the best dance styles to reflect this quality.

Dance the combinations for today and then use these words to change your quality of movement:

Float • Flick • Thrust • Wring • Press • Dab • Glide

Perform these words with the combination and vary the music tempo and style. Are you up to the challenge?

Float • Flick • Thrust • Wring • Press • Dab • Glide

WEEK 5

Space/Time/Effort

The emphasis on this unit is exploring shapes, rhythms and movement!

Directions:

The three words of space, time and effort are powerful in Hip Hop.

Space refers to:

- Using the entire floor
- Travel in formations on the floor
- A variety of formations, not just one or two

Time in dance can mean:

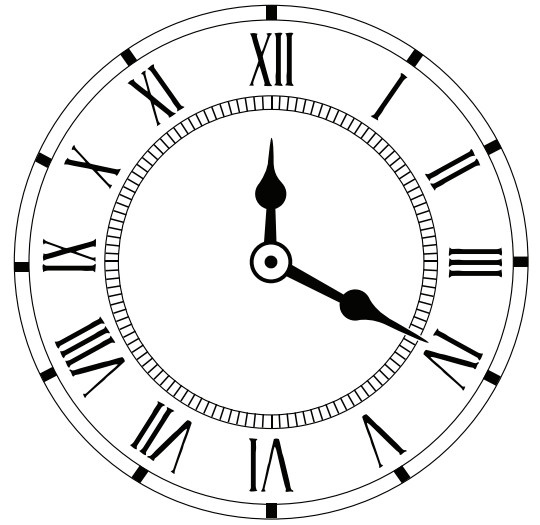
- Being syncopated
- Slow and then fast

Effort refers to:

- Soft vs hard movements

Can you take your Hip Hop combinations and use these concepts? Vary the space by moving around the floor while dancing, go slow and then fast with your movements and finally, make some of the steps hard and others soft. Explore creating together.

Music is always an inspiration when creating. Find a song to help your group create. Now challenge each other with a different style and tempo of Hip Hop!



WEEK 6

Show Off!

Directions:

Take the best of the choreographic ideas above and review them for 15 minutes. Invite friends and family in to watch the show and explain what they learned. Make sure to video and share the results with the families on your team page.

From a Veteran Dance and Cheer Program Owner

We like to try to keep things fun and give the athletes surprises! An activity that worked well for us consisted of making Jeopardy into a dance game. On the mirror, list the genres at top and points down the sides to recreate the iconic format. On the other side of the point pages, list various dance moves/skills. The athletes choose a genre and point value, pull it off the mirror and they have 10 seconds to perform the task written on the back side of the paper. Points get added up at the end, and the winner gets 2 lollipops! It is fun and challenging for the athletes. Plus, it looks great on social media.