




## Activity Plan for Hip Hop Commercial Challenge

Week 1			
Activity	How many or how long	How many days	Instructions
Commercial Hip Hop Challenge 	1 time/day	5 days/wk	When a commercial comes on, try the hip hop challenge. If you'd like, you can listen to some hip hop music while you're doing your favourite hip hop moves (instead of listening to the commercial music). <b>The challenge is to see if you can keep moving for one whole commercial.</b>  If you need hints about dance moves, check out a music video or visit this website: <a href="https://www.howcast.com/guides/994-hip-hop-dance-moves-for-kids/">https://www.howcast.com/guides/994-hip-hop-dance-moves-for-kids/</a>

Week 2			
Activity	How many or how long	How many days	Instructions
Commercial Hip Hop Challenge 	1 time/day	5 days/wk	Take the challenge again this week to see if you can keep moving for <b>two whole commercials</b> . The challenge is to see if you can keep moving for one whole commercial. When the commercials are over, try to hold an <b>ending pose</b> .

## Activity Plan for Hip Hop Commercial Challenge

Week 3			
Activity	How many or how long	How many days	Instructions
Commercial Hip Hop Challenge	2 times/day	5 days/wk	Take the challenge again this week to see if you can keep moving for <b>two whole commercials</b> . The challenge is to see if you can keep moving through both commercials. When the commercials are over, try to hold an <b>ending pose</b> .
			

Week 3			
Activity	How many or how long	How many days	Instructions
Commercial Hip Hop Challenge	2 times/day	5 days/wk	Take the challenge again this week to see if you can keep moving for <b>two whole commercials</b> . The challenge is to see if you can keep moving for one whole commercial. When the commercials are over, try to hold an <b>ending pose</b> .
