



Boys Creative and Hip Hop Curriculum

The boy's Movement class will introduce and cultivate individual creativity as well as team building. They will consistently be making choices in a creative dance element rich environment. Using both creative dance and hip hop principles we will explore, develop skills and technique, create as well as perform. We will move and explore concepts using themes, props and other physical stimuli especially designed for the class's participants. Stories, animals, colors, vehicles, natural disasters, physics, dinosaurs and more will get the students moving in a variety of ways.

Each month the movers will be taught a main principle that builds on the principles from the month before. Mid year (December), they will be doing an in-class performance to show their progress to close friends and family. A more formal performance will be at the end of the dance year, in May. This is a fun time to showcase what we have learned throughout the year as well as building their confidence in giving them a more formal venue to perform at.

Each weekly class will consist of the following:

- Warm-up: Engaging the brain and body in movement, welcoming dancers to move and be together.
- Circle Technique: Standing and sitting technique. Focusing on stretching, strengthening, and training the body to move properly, gaining the tools to create.
- Locomotor: Moving across the floor and throughout the general space. Learning to navigate themselves, with other movers developing spatial awareness working on steps and skills, and connecting locomotor steps together.
- Creative: Choice making, collaborative choreography, improvisation, sharing movement with others and observation. Often we use books, images, props and other inspiration to find movement vocabulary to explore and create.
- "Signature Dance out the door": Every dancer has a unique voice and every week they get to dance out the door their own way and share their "signature" of

movement. A moment for them alone to move and share with their peers and me.
(one of my favorite moments!)

*Developmental life skills especially we work in with this age (7-11 year olds) are:
multiple step instructions, negotiating personal space in a group, observing and
responding to movement, team work skills, yielding and leading, awareness of others,
knowing when to use your voice, learning to describe experiences and expanding
vocabulary words, individual worth and personal value.