

# Summer Swing Hip Hop

Name **Tricia Mehra**

Age **8 yrs**

## WHAT WE LEARNED



**30 +**

Basic steps in  
Hip Hop &  
street styles



**10**

Dance activities &  
games that helped  
in memory, focus  
and performance  
skills



**3**






Dance  
choreographies  
on different songs

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## SPICE Learning Progress

|   | BUILDING BLOCKS              | EMERGING | PROGRESSING | WELL-DEVELOPED |
|---|------------------------------|----------|-------------|----------------|
| <b>SOCIAL</b><br>       | Listening & Attention        |          |             | ★              |
|   | Participation                |          | ★           |                |
|   | Communication                |          |             | ★              |
| <b>PHYSICAL</b><br>     | Overall Fitness              |          | 💪           |                |
|   | Agility                      |          | 💪           |                |
|   | Body Coordination            |          |             | 💪              |
| <b>INTELLECTUAL</b><br> | Memory                       |          | 🧠           |                |
|   | Comprehension                |          | 🧠           |                |
|   | Rhythm and musicality        |          | 🧠           |                |
| <b>CREATIVE</b><br>     | Presentation of Choreography |          |             | 🌈              |
|   | Improvisation                |          | 🌈           |                |
| <b>EMOTIONAL</b><br>  | Reflection                   |          |             | 💜              |
|   | Self-awareness               |          |             | 💜              |

## Takeaways

Tricia dances has a great sense of rhythm and musicality and understands how to be one with the music while she dances. She was very expressive while performing the dance choreographies and was very creative in coming up with her own dance moves, well done Tricia!