

**HEALTH OPTIMIZING PHYSICAL EDUCATION DEPARTMENT**

**SUBJECT**

**MODULE NO.**

**TITLE**

**PHYSICAL EDUCATION 3**

**6**

**Hip-Hop and Street Dance**

**LEARNING OBJECTIVES**

At the end of the lesson, students should be able to:

1. demonstrate understanding on hip- hop and street dance and
2. perform a hip- hop dance.

**INTRODUCTION**

“Hip-hop is more than music. It has crossed cultural boundaries that other music genres never crossed. Hip-hop is not only the music you listen to, but the way you walk, talk, dress, and act. Hip- hop is a state of mind. An entire generation, thirty year strong. We are hip- hop generation. Rap is what we do. Hip-hop. Hip-hop is how we live!”. **KRS One, Rapper and Architect of Hip-hop**

Hip-hop culture is from the African-American group of people who were looking for a creative outlet to vent their frustrations and disappointments with society (Dimalanta, 2006). It started with funky beats reverberating at house or basement parties and the streets of New York. According to Aldridge and Steward (2005), it has developed as a “cultural and artistic phenomenon affecting the youth worldwide as it reflects the social, economic, political, and cultural realities and conditions of their lives, speaking to them in a language and manner they understand”.

On the other hand, street dance is one of the newest dance genres in the 20<sup>th</sup> century that immensely attracts the new generation particularly the youth. It came from the African-American hip-hop culture that tremendously spread worldwide.

## CONTENT

### FOUR FUNDAMENTAL CHARACTERISTICS OF HIP-HOP

1. **Rapping (Mcing)** - Rapping is a vocal element, and rap music is the heart of the hip-hop musical genre (Dimalanta, 2006).
2. **Disc Jockeying (Djing)** – Disc jockeying means scratching or turn-table record mixing.
3. **Break Dancing (B-boying)** – an elaborate social dance form that came from teenage Latino and African American makes in the South Bronx of New York City circa 1970. According to Defrantz (2004), it started “as a form of fighting, a mixture of physically demanding movements which exploited the daredevil prowess of their performers, and stylized punching and kicking movements directed at an opponent”.
4. **Graffiti Art**- Also known as aerosol art.

### WHAT IS STREET DANCE?

- The word street dance arrived in the Philippines from the United States during the 1980's but only gained unparalleled popularity during the 1990's.
- According to Dimalanta (2006), the word street dance is a “Filipinized version” of hip-hop dance that was specifically used by Filipino dancers.
- Other countries, especially the United States, use the term hip-hop dance when referring to hip-hop dance styles. It is only here in the Philippines where the term street dance has been commonly used.

## **ELEMENTS OF STREET DANCE**

1. **Bounce or Recoil** is a quick contraction and retraction, or vise-versa movement with energy and vitality.
2. **Tightening of the Body** is controlled with firmness and strength to prepare it for explosive and sudden movements.
3. **Agility and Coordination.** The body changes a complex array of interlocking rhythms, percussive accents of isolated body- parts pop out in unexpected phrasing and that break dancers perform elaborate spins, balances, flips, contortions, and freezes.
4. **Fun.** Hip-hop is not only exciting but enjoyable as well.

## **DIFFERENT STREET DANCE STYLES**

### **A.) OLD SCHOOL STREET DANCE STYLE**

1. **Breaking** is also known as break dancing; it is an unstructured and highly improvisational style that incorporates gymnastics and acrobatics movements (Ojofeitimi et al., 2010).

### **MOVES USED IN BREAK DANCING**

#### **a.) Power Moves**

**The Windmill.** It is a move in which the dancer spins from his upper back to his chest while twirling the legs around his body in a V- shape.

**Head Spins.** The dancers spin on his head, often while wearing a stocking cap or handkerchief.

**Flare.** This is an incredibly difficult move borrowed from gymnastics and resembles the use of a Pommel Horse, but is performed without one.

**Jackhammer.** It is a move performed on the ground having the dancer balancing on one hand and laying his body on the elbow of the same arm.

#### **b.) Basic Moves**

**Top Rock.** This is a simple dance done standing up to initiate break dancing.

**Uprock.** This is doing a top rock with someone else, sort of like a fight without contact and very rhythmic.

**6- step.** It resembles walking in a circle on the ground.

**Moonwalk.** It is a move where a dancer slides backward while their legs appear to be walking forward.

**Worm.** It is a move in which a dancer lies on the ground and forms a rippling motion through his body.

2. **Popping** is a quick contraction and relaxation of muscle to produce jerking of various joints (Ojofeitimi et al., 2012).
3. **Locking** is created by Don Campbell in Los Angeles, California in 1969. It relies on fast, distinct arm and hand movements combined with relaxed hips and legs wherein the lock is the basic move used.

### **B.) THE NEW SCHOOL DANCE STYLE**

1. **Krumping** is characterized by unrestrained, rapid-fire, and highly energetic moves of the limbs and torso (Ojofeitimi et al., 2010).
2. **House** is a dance style that emphasizes a fast and complex footsteps with fluid movements of the torso (Ojofeitimi et al., 2010).
3. **Street Jazz** is a combination of hip-hop dance style and jazz movements.

## **ASSESSMENT**

### **Just Dance**

1. Create your own hip-hop dance steps
2. Use hip-hop music
3. Minimum of 32 counts maximum of 64 counts
4. Practice, perform, record
5. Submit it to your group leader
6. You will be graded using the criteria below.

CRITERIA		
Physical Education Outcomes	Description	Percentage
Participates appropriately	Behavior Attitude Effort Sportsmanship Cooperation	40
Motor Skills	Gross and fine motor skill development relative to grade level	30
Content Knowledge or Application	Motor Skill Knowledge and vocabulary, Apply knowledge to an activity setting	30
		100%

## REFERENCE

Physical Education and Health Volume II

**PREPARED BY: MS. KIO MAE D. MARVIDA**