

Physical Education

Quarter 3 – Module 1:

Dance Craze 1: Street and Hip-hop Dances



Physical Education- Grade 10

Alternative Delivery Mode

Quarter3- Module1: Dance Craze 1: Street and Hip-hop Dances

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**Physical Education
Quarter 3- Module 1
Dance Craze 1:
Street and Hip-hop Dances**



Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

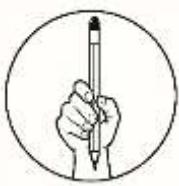
This module was specifically developed and designed with you in mind. It is here to help you master the concepts, theories, and applications for Physical Activity, Exercise, and Eating Habits, to help you assess your level of participation and readiness for more moderately vigorous physical activity like street and hip-hop dances, and to provide you fun and meaningful learning experience, with your own time and pace.

The module is divided into three lessons, namely:

- Lesson 1 – Introduction to Street and Hip-hop Dances
- Lesson 2 – Concepts of Street and Hip-hop Dances
- Lesson 3 – Hip-hop Dance Style: **TUTTING**

After going through this module, you are expected to:

- assess physical activity, exercise and eating habits
PE10PF-IIIah-39
 - a. Describe street dance and hip-hop dance
 - b. Identify the dance styles of street dance and hip-hop dance
 - c. Explain the nutritional needs of a teenager
 - d. Realize the importance of eating a healthy diet
- engage in moderate to vigorous physical activities for at least 60 minutes a day in and out of school **PE10PF-IIIch-45**
 - a. Execute some of the hip-hop dance styles
 - b. Create a simple dance routine applying common styles in street and hip-hop dance



What I Know

A. **Directions:** Write **TRUE**, if you think the statement is correct and **FALSE** if otherwise. Write your answers on a separate sheet of paper.

- _____ 1. A Rated Perceived Exertion (RPE) of 8 means that the activity is moderate.
- _____ 2. Swimming and playing soccer are vigorous activities.
- _____ 3. Street and hip-hop dances are active recreational activities.
- _____ 4. Proper execution of dance steps increases the risk of injuries.
- _____ 5. Physical inactivity and an unhealthy diet may lead to sedentary lifestyle.

B. **Directions:** Read the questions carefully and select the best answer.
Write only the correct letter on a separate sheet of paper.

- 1. It is an informal and stylized dance moves that evolve outside dance studios.
 - A. Street dance
 - B. Folk dance
 - C. Ballet dance
 - D. Hip-hop
- 2. Which among the following pillars is not part of the Hip-hop culture?
 - A. Graffiti Art
 - B. Rapping
 - C. Breaking
 - D. Partying
- 3. It is based on the technique of quickly contracting and relaxing muscles to cause a jerk in the body.
 - A. Locking
 - B. Popping
 - C. B-boying
 - D. Krumping
- 4. Where did Hip-hop dance style originate?
 - A. New York
 - B. Las Vegas
 - C. California
 - D. Mexico
- 5. It's a creative way to make geometric shapes forming a right-angle using body parts.
 - A. Shuffling
 - B. Tutting
 - C. Waacking
 - D. Locking
- 6. Which of the following is a positive outcome of engaging in dance activities such as hip-hop?
 - A. Bad physical appearance
 - B. Hypertension
 - C. Stress Reduction
 - D. Obesity

7. Which is not included in the B-boying movement?

8. The following are the importance of eating a balanced diet to lifelong fitness, except

- A. Reduces the risk of chronic diseases
 - B. Maintains a healthy weight
 - C. Promotes over-all health
 - D. Develops fatigue and illness

9. What style of hip-hop is being shown in the picture?



- A. B-boying
 - B. Popping
 - C. Shuffling
 - D. Waacking

10. Which of the following pictures below is B-boying?

A.



B.



C.



D.



Illustrated by: Neil Kelvin Batuyong

Lesson 1

Introduction to Street and Hip-hop Dance



Good day! Welcome to the first part of your lesson. Do you think you can perform Street and Hip-hop Dance as one of your physical activities? This will be an exciting and enjoyable experience for you. Be ready for a new journey! Let's start!



Note to the Teacher

This module is divided into three lessons. Each of the lessons will be taken once a week.



What's In

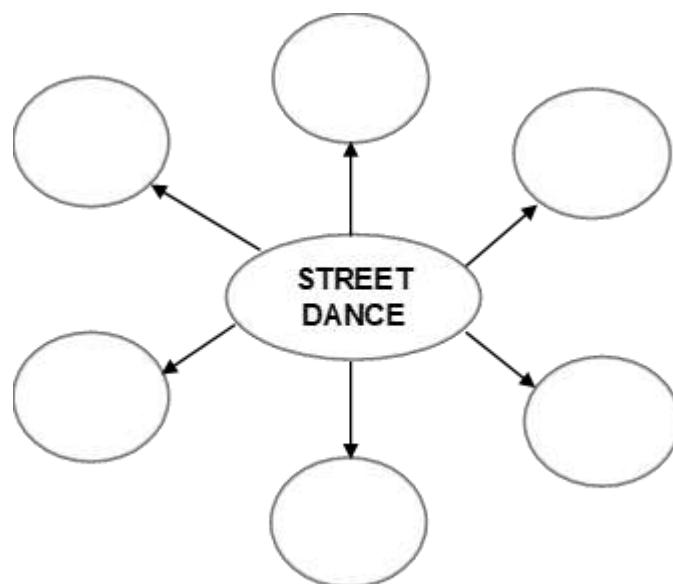
Directions: From the physical activities listed below, select your most favorite physical activity then briefly explain why you like it. Write your answer in your activity notebook. Do this for 5 minutes.

- swimming
- dancing
- walking
- biking
- jogging
- playing badminton, tennis
- yoga
- playing basketball
- weightlifting
- zumba



What's New

A. **Directions:** Using a concept map, write words which are associated with “**STREET DANCE**”. Write your answers inside the circle. If it is necessary, you can add more circles. Do this in your activity notebook.



Using your answers in the concept mapping activity, define street dance in your own words. Write your answer in your notebook.



What is It

A. What is street and hip-hop dance?

One of the recreational activities that you can perform regularly is dancing. A form of dance that is fun, enjoyable, and beneficial is **street and hip-hop dance**.

Street dance can be considered as the father of hip-hop dancing. The term is an informal and improvised style of dance that has evolved outside dance studios.

Formally, it is called vernacular dance since participants are allowed to dance in any available space like streets, parties, parks, school yards, and night clubs. It also developed a social nature wherein participants are encouraged to interact with spectators and other dancers.

Hip-hop dance, on the other hand, refers to street dance styles primarily performed with hip-hop music, or that have evolved as part of hip-hop culture. Hip-hop music incorporates a number of iconic elements, most notably DJing and rapping, along with beatboxing, sampling, and juggling beats on turntables.

B. Safety Precautions when Dancing

It is a requirement for every learner like you, to observe safety precautions before performing physical activities like street and hip-hop dancing in order to prevent injury.

Here are some safety measures that you can do before dancing.



Illustrated by: Lucky Frank M. Nicolas

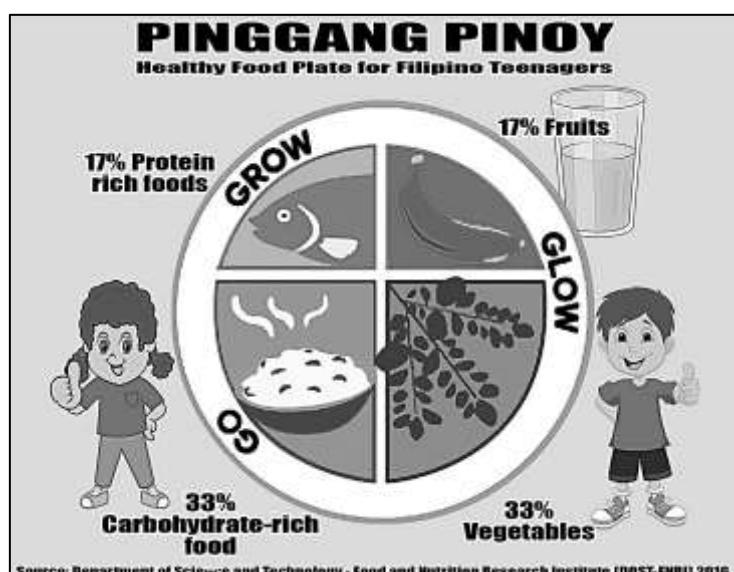
- ✓ Wear appropriate clothing (comfortable clothes) and footwear (rubber shoes).
- ✓ Do warm - up exercises before you start the activity and cool down after.
- ✓ Hydrate as needed.
- ✓ Dance in a spacious, smooth and dry area to avoid slipping.

- ✓ Start with simpler moves and slower rhythms. Do not force yourself to execute difficult steps.
- ✓ Eat nutritious food to give you energy and have enough sleep and rest.
- ✓ Be sure to have your first aid kit ready.
- ✓ Enjoy and have fun!

C. Nutritional Needs of a Teenager

Dancing is a physically moderate to vigorous activity and it requires a great deal of focus and stamina. In order for you to perform physical activities such as street and hip-hop dance, you have to eat the right amount of food needed by your body or a well-balanced diet to give you energy; to help you focus and concentrate, and to prevent you from any untoward injury or accident.

Below is an illustration of *PinggangPinoy* for Filipino Teenagers. Read and analyze it.



Illustrated by: Lucky Frank M. Nicolas

Based on the illustration above, do you think you meet the nutritional needs needed by your body? What are the nutrients that your body needs?

The PinggangPinoy for Teenagers was developed by the Department of Science and Technology –Food and Nutrition Research Institute Pyramid to help teenagers choose healthy and nutritious foods. It is a food guide that shows the recommended proportions and amounts of food groups to be consumed in every meal, targeting the nutritional needs of adolescents, 13 to 18 years old. It is composed of 17% fruits, 33% vegetables, 33% carbohydrate-rich foods, and 17% protein-rich foods. Physical activity and sufficient intake of water are also included.

Nutritional needs during adolescence are increased due to growth spurt, reproduction-related changes, and brain and cognitive development.

The PinggangPinoy features the **GO** (Energy giving), **GROW** (Body building), and **GLOW** (Body regulating) food groups.

The Glow or body regulating food group consisting of **vegetables and fruits** take up half of the food on the plate. Eating plenty of different types of vegetables and fruits helps slow aging, control weight, and can even make you look healthier. It can also reduce the risk of heart disease, Type 2 diabetes, and cancer.

The **Go** or energy giving food group includes foods rich in carbohydrates which is the main source of energy for the muscles during vigorous activity. Examples are **rice, root crops, pasta, and bread**. It is encouraged for teenagers to consume whole grains like brown rice, corn, wheat bread, and oatmeal which are rich in fiber and nutrients than refined grains.

Eating **meat, poultry, fish, eggs, beans and nuts** is an important source of protein. It helps build and repair muscles that have been stressed out through continuous use. Include fatty fish in the diet like tuna and mackerel 2-3 times a week to provide essential fatty acids for brain development and limit processed salty meats such as sausages, bacon, and ham. Consume milk products, shrimps for strong bones and teeth. All of these foods belong to Grow food or body building group that should take up less than $\frac{1}{4}$ of what you eat per meal.

Foods and drinks high in fat, sugar, and salt should be taken in small amounts once or twice a week maximum because these are not needed for good health. Instead, drinking 8-10 glasses of **water** a day is recommended. Water is very important because it transports the nutrients we eat to other parts of the body and also flushes away any waste products we no longer require. It is also needed to cool the body through sweating.

According to the 2015 Philippine Dietary Reference Intakes (PDRI), adolescents have the highest recommended nutrient intakes per day for energy and protein. For the male, an average of 2,800 calories and 2,200 calories for the female is needed to meet the recommended energy intake per day while 68 grams for male and 59 grams for a female is needed to meet the recommended protein intake per day.

Here is a sample meal based on PinggangPinoy for teens.

MALE	FEMALE
<ul style="list-style-type: none">• 2 cups of rice• 1-2 cups of vegetables• 2 small pieces of fish• 1 serving of fruit• 12 or more glasses of water	<ul style="list-style-type: none">• 1 1/2 cups of rice• 1 1/2 cups of vegetables• 1 small piece of fish• 1 serving of fruit• 9 or more glasses of water

A well-balanced diet is very important because it provides nutrients, vitamins, and minerals to keep the body and mind strong and healthy. It helps maintain healthy body weight, provides energy, allow better sleep, and improve brain function.

Engaging in physical activities, eating the right food or having a well-balanced diet, getting enough rest and sleep are beneficial for optimal healthy life.

D. Introduction to Street and Hip-hop Dance

Street dance is a broad term that describes a range of funk and hip-hop dance styles that have grown from the USA since the 1970s. Breakdancing, popping, and locking are some popular forms of street dance.

Street dancing is believed to have evolved from traditional jazz dance which already existed since the late 19th century. This traditional jazz dance was considered as one of the oldest street dances of urban America.

The earliest styles of street dances were formed from urban cultures in America which were greatly influenced by Afro-American vernacular dance and other urban culture.

Street and Hip-hop dancing as an exercise is generally associated with **ZUMBA**, a dance fitness program that was created by Alberto “Beto” Perez sometime in the 90’s. It is a combination of different styles of dance in which hip-hop was included as a dance routine.

Hip-hop can be a cardio- aerobic exercise and anaerobic exercise. One can benefit from both. Aerobic benefits can be achieved when the heart rate and breathing rate increase. On the other hand, anaerobic benefits are achieved when muscles in the different parts of the body like arms, thighs and legs are strengthened by physical activity like dancing.

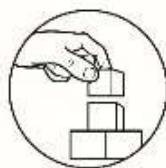
Other benefits of Street and Hip-hop dancing are the following:

First, it will improve your stamina. Street dancing demands a range of energetic body movements. However, in order to greatly improve your body's stamina, it requires a lot of effort and regular work-outs.

Second, your hands, feet, and joints will become more flexible. Street dancing moves may require the participant's hands to support body weight as well as the feet and joints. If you do it regularly, then, you will improve your flexibility.

Third, it boosts mental self-confidence. Once you master the basics of street dancing and start to learn some tricks, your mental self-confidence will improve tenfold. Not only will your body feel healthier and happier but will boost mental health. Moreover, this can also **reduce stress levels**. The fun that you feel when you dance will increase the level of endorphins lighting up the mood and allowing oxygen to the brain for better information processing.

Lastly, you will develop concentration and spatial awareness. The often-complex routines that street dancing requires may be hard to grasp at the beginning but once these skills are built up, you will soon find that concentration and spatial awareness come to you more naturally.



What's More

Activity 1: Fill me!

Directions: Fill your plate with nutritious foods. Choose whether the food items belong to Go, Grow, or Glow. Do this in your activity notebook.

Ampalaya	Avocado	Banana	Nilagang Kamote	Bread	Burger	Carrots
Cauliflower	Cheese	Fretzel Chocolate	Dragon Fruit	French Fries	Fresh Juice	Fried Chicken
Guyabano	Hotdog	Malunggay	Mango	Milk	Noodles	Oatmeal
Bangus Paksiw	Peanut	Pineapple	Rice	Salad	Softdrinks	Squash

Illustrated by: Lucky Frank M. Nicolas

Activity 2

Healthy Eating Self-Assessment

How healthy is your daily diet? Are you eating the right food?

With your honest evaluation, put a check (✓) mark on the column that most closely matches your usual eating routine. Do this in your activity notebook.

Healthy Habit	Yes	No
1. Eat vegetables and salad with 1 or two meals a day		
2. Eat a variety of fruits with 2 servings a day		
3. Eat food rich in carbohydrates such as rice, root crops, corn with 2 or more servings a day and proteins like meat, eggs, and cheese.		
4. Avoid fatty food. Use low-fat method to cook such as boiling and grilling.		
5. Do not sprinkle salt over your food		
6. Limit sweet drinks or concentrated juices.		
7. Moderate intake of sweets like chocolate, cakes, and desserts.		
8. Drink 8 to 10 glasses of water a day.		
9. Eat a variety of different foods each day.		
10. Keep your intake of caffeine and alcohol moderate.		

INTERPRETATION OF SCORE

All Yes	Congratulations! You look after yourself by eating healthily. Well done and keep up the good work.
Combination of Yes and No answers	You have some good eating habits but not enough to guarantee long-term good health. There is always a room for improvement.
7 or more No answers	It's time to overhaul your diet. It may start to jeopardize your health in terms of cholesterol, overweight and high blood sugar. Consult your nutritionist.

After knowing the result of your healthy eating assessment activity, answer the following questions in your activity notebook.

1. Why is it important to eat a variety of food every day?
2. Based on your No answers in the previous activity, how can you improve these eating habits? What are your plans?
3. How do the food you eat affect the activities you do? Cite examples.

**Lesson
2**

Concepts and Styles of Hip-hop Dance



Hello there! For today, you will be learning concepts and styles of hip-hop dance that you can perform later on. Are you ready? Let's keep moving.



What's In

In the previous lesson, you have learned what is a street and hip-hop dance and its benefits, the safety precautions in dancing to avoid injuries and accidents that might happen, the nutritional needs of a teenager like you and you have assessed as well your healthy eating habits.

This time let us check if you still remember your previous lesson.

Activity 3: Write True if you think the statement is true and False if not.

Write your answer in your activity notebook.

1. A well-balance diet is not important to improve your health.
2. Street dance can be considered as the father of Hip-hop dance.
3. To perform physical activities, you should eat the right amount of food needed by your body to give you energy.
4. Dancing can reduce stress level and can improve stamina.
5. The PinggangPinoy was developed to help teenagers choose healthy and nutritious foods.



What's New

A. **Directions:** Unlock the code by unscrambling the letters to form the correct word. Do this in your activity notebook.

1. This is a cultural movement that has attained widespread popularity in the 80's and 90's and best known for its impact on music in the form of the musical genre, rap.

I	P	H	-	O	H	P
---	---	---	---	---	---	---

Answer: _____

2. It is composed of the pillars such as DJ-ing or turntables, rapping, breaking and graffiti art.

H	P	I	-	P	H	O		C	L	T	R	U	U	E
---	---	---	---	---	---	---	--	---	---	---	---	---	---	---

Answer: _____

3. It includes B-boying, Popping, Locking, Shuffling, Krumping, Tutting, and Waacking.

I	P	H	-	P	H	O	D	N	E	A	C	Y	S	T	E	L	S
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answer: _____

4. It is a style of dancing that includes gymnastic moves, head spins and backspins.

N	C	I	G	K	B	E	R	A	N	D	A
---	---	---	---	---	---	---	---	---	---	---	---

Answer: _____

5. It is a visual art, an expression of youth culture and rebellion in public places.

F	T	I	G	F	R	I	A
---	---	---	---	---	---	---	---

Answer: _____



This activity contains terms and concepts about street and hip-hop dance. It aims to familiarize you with the different ideas concerning the lesson you are about to learn and understand.



What is It

A. DEFINITION OF TERMS

Hip-hop is a cultural movement best known for its impact on music in the form of the musical genre of the same name. It originated in Bronx, New York City during the 1970s, mostly among African Americans and some influence of Latin Americans.

Hip-hop culture is composed of the pillars such as DJ-ing, rapping, breakdancing, and graffiti art.

- ❖ **DJing** is the art of spinning records at a dance party, picking out songs in a crowd-pleasing sequence. Also the art of touching and moving records with your hands. *Cutting* (using volume control to drop in a section of music from one turntable into music from another turntable) and *Scratching* (the sound a DJ makes by putting his hand on the record and rubbing the vinyl under the needle in time with the music) are two popular DJing techniques.
- ❖ **Breakdancing** is a style of dancing that includes gymnastic moves, head-spins and back-spins.
- ❖ **Graffiti** is a visual art, an expression of youth culture and rebellion in public places. The first forms of subway graffiti were tags or signatures of someone's nickname or crew (a group of artists that work together). It has evolved into elaborate scripts, color effects, and shading.
- ❖ **MCing/MC** is the initial for the master of ceremonies. MCs originally hosted parties and introduced tracks to the dancing audience. Eventually, the term was used to describe rappers. **Rapping** is the art of saying rhymes to the beat of the music. It comes out of the African-American oral tradition of using rhyming language to ridicule your friends or enemies in a clever way. In the early 1970s this developed into street jive, a type of half-spoken, half-sung urban street talk. Rapping also has roots in Jamaican toasting, a type of lyrical chanting.

B. HIP-HOP DANCE STYLES

BREAKING/B-BOYING, also called breakdancing, is a style of street dance and the first hip-hop dance style that was created in the South Bronx New York City among Black and Puerto Rican youths during the early 1970s.

The performers are either called B-boys or B-girls and they perform B-boying.

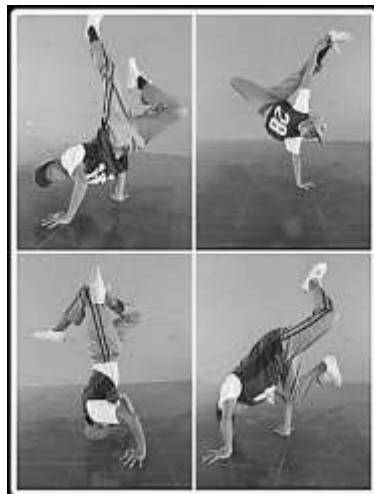
As a dance style, it combines 3 main elements: acrobatics, gymnastics and rhythm.

It has four movements:

- **Top rock** - footwork-oriented steps performed while standing up
- **Down rock** -footwork performed with both hands and feet on the floor
- **Freezes** -stylish poses done with your hands
- **Power moves**-comprised of full-body spins and rotations that give the illusion of defying the gravity

If you want to watch a sample video of this style, please click the link:

<https://www.youtube.com/watch?v=AtrA715k0ek&feature=share&fbclid=IwAR2dvtZqxs7eVYQbFfMh182cuO4NeI3Q9OkMTV81QuJJOD1i5nhK0TW-Q8>



LOCKING, also called as **Campbel locking**, was created by Don Campbelllock Campbell in 1969 in Los Angeles, California. It was popularized by his crew, The Lockers.

It is a type of dance that is very similar to popping. Both movements seem to have a “**PAUSE**”. The difference is, in locking, the dancers hold their positions called the **LOCK**, longer. The lock which is similar to freeze or sudden change, is the primary move used in locking

If you want to watch a sample video of this style, please click the link:

https://www.youtube.com/watch?v=AifQ64khhY4&feature=share&fbclid=IwAR2_hVHkf5NLZdaWt1qVNbjYno2A0MwDsK29OJI5lFiDnZNQpt4Zo_-VeM



Illustrated by: Neil Kelvin Batuyong

POPPING was popularized by Samuel Boogaloo Sam Solomon and his crew, the Electric Boogaloos. It was created in Fresno, California in the 1970s.

Boogaloo consists of loose movements using the hips and legs. It gives the illusion that the performer has no bones.

It is characterized by its robotic elements contracting or jerking the muscles of the body which is called pop or a hit.

The popping movements create an illusion like drifting across the floor or a head falling out of place. Hence, popping an umbrella term, refers to a wide range of closely related illusory dance styles like liquid, animation, gliding, floating, sliding, and waving.

If you want to watch a sample video of this style, please click the link:

<https://www.youtube.com/watch?v=KMJ4pWCmWKE&feature=share&fbclid=IwAR2dvtZqxs7eVYQbFfMh182cuO4NeI3Q9OkMTV81QuJJOD1i5nhKOTW-Q8>



TUTTING is an upper-body dance that uses arms, hands, and wrists in a creative way to make geometric shapes forming a right angle. The style was originally practiced by young funk dancers.

It can also be done with the fingers rather than the arms. This method is called finger tutting.

It is derived from the positions people have drawn during the Ancient Egyptians.

If you want to watch a sample video of this style, please click the link:

https://www.youtube.com/watch?v=OT5Hsmtn3TM&feature=share&fbclid=IwAR01KJF34tEY8SdOC2NRt38_tIDXVrO2PNMI6H7G5DhGORzVWrVSMQ9g1E8



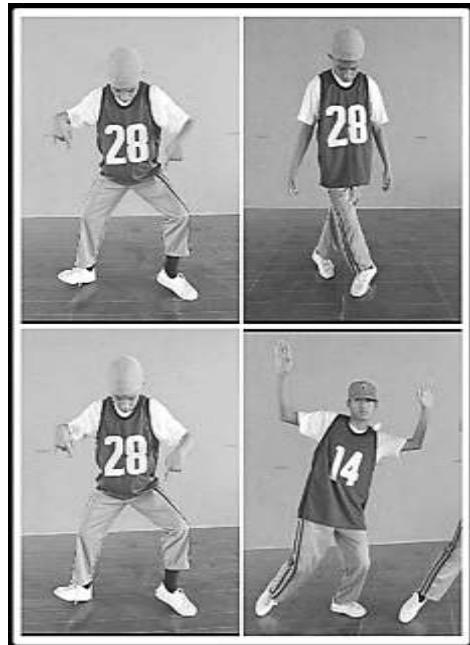
Illustrated by: Neil Kelvin Batuyong

SHUFFLING (Melbourne Shuffle or rocking) is a rave and club dance that originated in the late 1980s in the underground rave music scene in Melbourne, Australia.

It is characterized by fast heel and toe twisting, stepping, running man variations, stomping with the beat, foot swiveling from side to side, and having feet that appear to be gliding on and off the ground.

If you want to watch a sample video of this style, please click the link:

<https://www.youtube.com/watch?v=mv8f1WGnNg&feature=s hare&fbclid=IwAR1EYAfPxEn5Y3MRAcQ9OJzIEfYWSXLTlWBShzgNINbixGm4VTr0o-QFE>



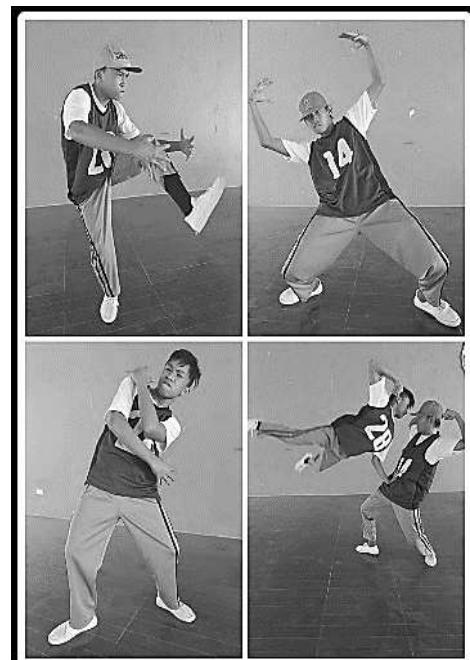
KRUMPING is a form of dancing that originated in the African-American community of South Central Los Angeles, California and is a relatively new form of the “Urban” Black dance movement.

It is characterized as being a free dance where the movements are more abrupt and strong. It is also an expressive, exaggerated, and highly energetic dance.

The youth who started this style view it as a way for them to release anger, aggression, and frustration positively, in a non-violent way.

If you want to watch a sample video of this style, please click the link:

https://www.youtube.com/watch?v=j9hrg42Sr0w&feature=share&fbclid=IwAR2j_NKvP7f24ISJLF9Dzv7D4Jvyo7DyUDwrFNMEkudnYhY4kKj0f09ySmQ



Illustrated by: Neil Kelvin Batuyong

WAACKING is an African American form of street dance originating in the 1970s disco era of the underground LGBT club scenes in Los Angeles and New York City and receive its name from the English word “waack”, which means “waving arms”.

Its characteristics are the stylized posing and fast synchronized arm movements.

If you want to watch a sample video of this style, please click the link:

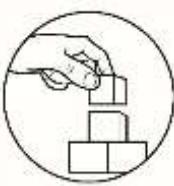
<https://www.youtube.com/watch?v=kc17H68IKMs&feature=share&fbclid=IwAR14sobyKfhjoO3a5GJvE3MNAavQM1uCZ-xLXXnYDs-ahpHLq-cZRSnPjw>



Illustrated by: Neil Kelvin Batuyong



Now that you have learned the different styles of hip-hop dancing, can you honestly tell which of these styles you want to perform? Are you excited to do them?



What's More

ACTIVITY 4

LOOSEN UP: DO THE GROOVE! Do a variety of movements on the spot to the beat of any hip-hop music available. Execute the following movements. After doing it for 10 minutes, determine the intensity of the activity based on the Rate of Perceived Exertion (RPE) chart.

Combination	Counts	Description
1	1-4 5-8 9-12 13-16 1-16	<ul style="list-style-type: none">• March forward• Freeze in interesting shapes• March backward• Freeze in interesting shapes• Repeat all (2x)
2	1 – 8 9 - 10 11 – 12 13 - 16 1 – 16	<ul style="list-style-type: none">• Bounce knees and feet• Swing hips to right• Swing hips to left• Swing hips right and left alternately• Repeat all (2x)
3	1 – 8 9 – 12 13 – 16 1 – 16	<ul style="list-style-type: none">• Do squats, arms at chest level bend elbow• Jump 4x, Right arm extended upward• Jump 4x, left arm extended upward• Repeat all (2x)
4	1 – 8 9 – 16 1 – 32	<ul style="list-style-type: none">• Jog• Step, close step Right and Left alternately with overhead clap• Repeat all (2x)
5		Repeat from the start (Combinations 1-4)

RPE CHART

Rate of Perceived Exertion is used to measure the intensity of one's exercise. The scale which runs from 0-10 relates to phrases in determining how easy or difficult the activity is.

10	MAX EFFORT ACTIVITY Feels almost impossible to keep going Completely out of breath, unable to talk
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity Can barely breathe and speak a single word
7 - 8	VIGOROUS ACTIVITY On the verge of becoming uncomfortable Short of breath and can barely speak a sentence
4 - 6	MODERATE ACTIVITY Feels like you can exercise for hours Breathes heavily, can hold a short conversation
2 - 3	LIGHT ACTIVITY Feels like you can maintain for hours Easily breathes and can carry on a conversation
1	VERY LIGHT ACTIVITY Anything other than sleeping, watching TV, riding a car, etc.

Source: GPP Synerfitness@rewindiet.com

After you have determined your RPE, answer the questions below. Write your answers in your activity notebook.

Did you have fun while doing the activity? Do you want to consider dancing hip-hop as one of your recreational activities? Why?

If you find the activity **very light** to **about light**, you need to increase the intensity of your physical activity to reach your desired goal. You can also increase frequency and time or change the type. However, if you find the activity very hard needing maximum effort, you have to check your FITT formula. Remember, health promotion does not mean exhaustion or risking yourself of getting injuries.



Additional Activities

Activity 5: Think of a film where you have seen street and hip-hop dancing as its theme. Briefly discuss how the characters in the film were benefited by their skill and performance in dancing. Write your answer in your activity notebook.

Title of the Movie	Benefits achieved by the characters in dancing

**Lesson
3**

Hip-hop Style: TUTTING



Good day! How are you? Are you ready for the next activity? Well, if you are ready, have fun and enjoy!



What's In

Let us check if you can still remember our lesson yesterday.

Activity 6: Identify what style of hip- hop dance is being shown in the pictures. You may choose your answer from the given options. Write the letter only. Do it in your activity notebook.

- A. B-BOYING
- B. KRUMPING

- C. SHUFFLING
- D. WAACKING

- E. POPPING
- F. TUTTING



1.



2.



3.



4.



5.



6.



7.



8.



What's New



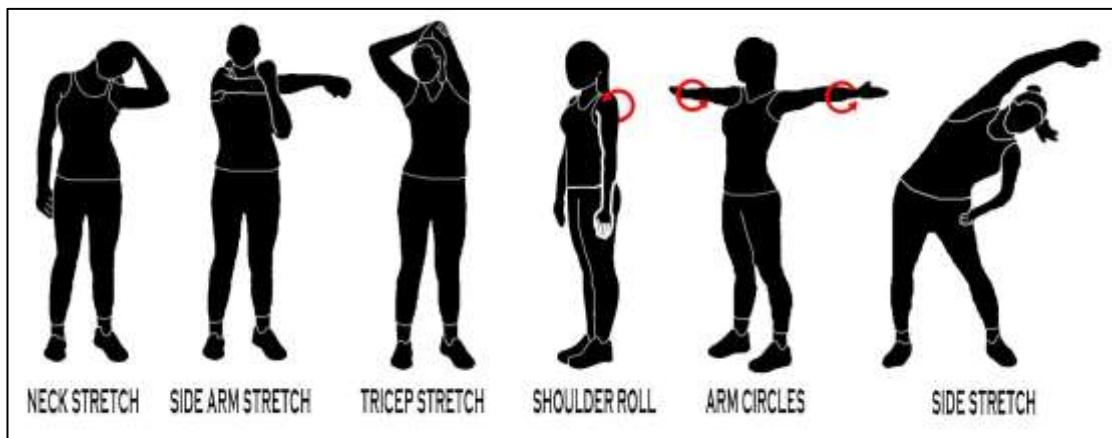
Have you ever experienced using your upper body parts to create different shapes? How does it feel?

If not, brace yourself because today you will be given the opportunity to experience such. Are you excited?

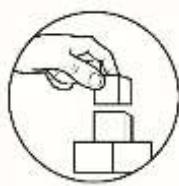
Let's start! But may I just remind you to observe the safety precautionary measures in dancing that we have discussed in the previous lesson.

Activity 7: LET'S DO IT (Warm-up exercises). Do this for 5 minutes.

1. Do neck stretches, right and left, forward and backward for 16 counts each.
2. Do side arm stretch right (extend right arm to the left. Use the left arm to gently push the right arm towards the body to strengthen and stretch it). Do it for 16 counts. Repeat on left arm for 16 counts as well.
3. Do tricep stretch right for 16 counts and left for 16 counts.
4. Do shoulder roll or rotation moving forward for 16 counts. Repeat moving backward for another 16 counts.
5. Do arms circles. Gently circle arms forward for 16 counts. Repeat moving backward for 16 counts. You can do this in small or big circles.
6. Execute side stretch right and left alternately for 16 counts.



Illustrated by: Lucky Frank M. Nicolas

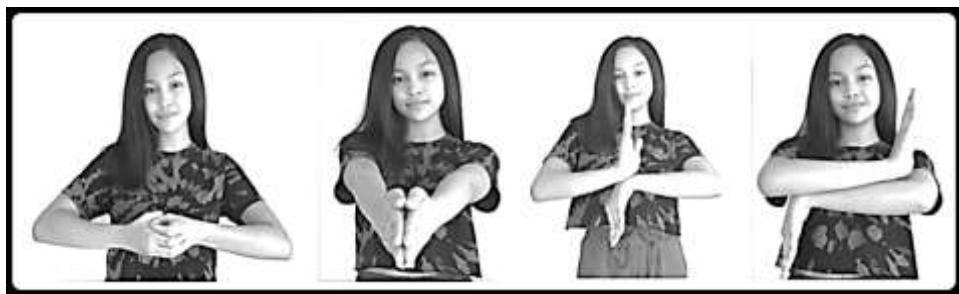


What's More

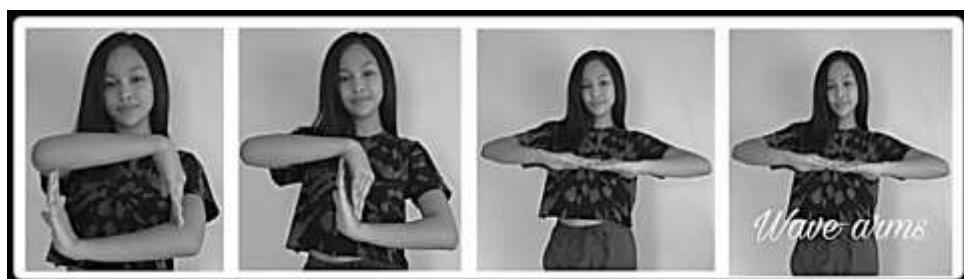
IT'S TUTTING TIME! Since you are a beginner, you are encouraged to start the movements in slow tempo then, when you have mastered it, you can perform it in a fast tempo with music of your own choice. Do not forget to get your heart rate before and after the activity. Identify your RPE too. Let's start!

Activity 8:

Direction: Execute the basic combination of tutting movements (8 counts combo). Read the instructions and refer to the pictures as your guide. Have fun!



1. Put your hands together.
2. Extend your arms outward with your hands still together.
3. Rotate your right hand 90 degrees upward and your left hand 90 degrees downwards so that the fingers on your right hand are now facing up and your fingers on your left hand are now facing down.
4. Slide your right arm down the length of your left arm until your right hand is right above your left elbow.



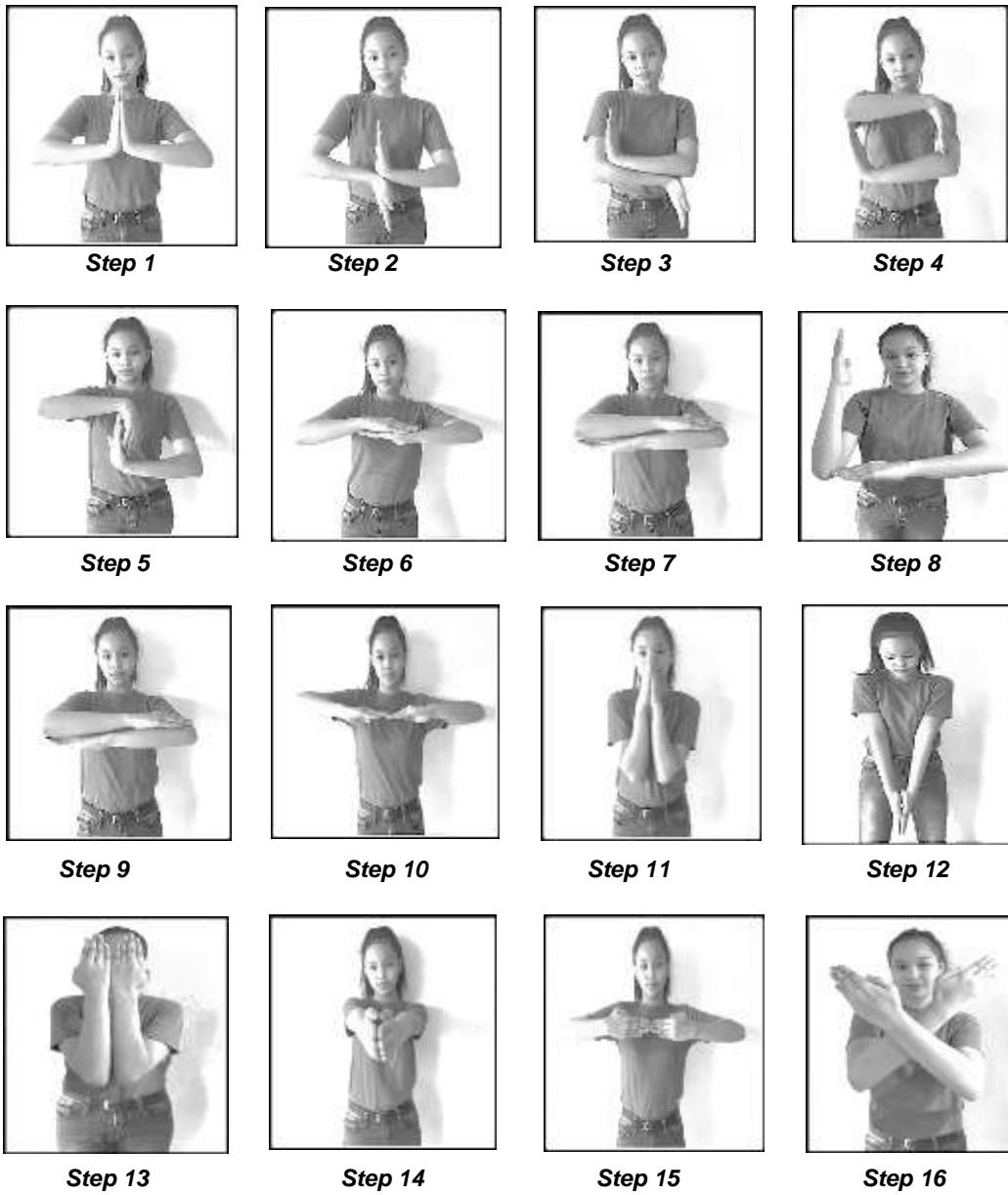
Illustrated by: Neil Kelvin Batuyong

5. Rotate both hands 180 degrees so that your fingers on your right hand are now facing down and the fingers on your left hand are now facing up.
6. Slide your right hand back along the length of your left arm until it is touching the backside of your left hand.
- 7-8. Do the wave with it, starting from your left elbow and ending at your right elbow. After doing this, your arms should end up leveled out with your right hand still on top of your left hand.



Did you have fun? Do you want more? Be sure to master the movements before you proceed to the next combination. Good luck!

Activity 9: Directions: Perform another combination (16 counts combo) of tutting style. Be sure to repeat the movements several times. Just follow the figure below.



Illustrated by: Neil Kelvin Batuyong

How was it? Did you find difficulty in doing the activity?

Proceed with the cool down exercises, just execute arm stretch right and left and shoulder rolls forward, backward for 16 counts each. Shake your arms upward for 8 counts and downward for another 8 counts.

For you to evaluate your own performance for today's lesson, you need to answer and accomplish honestly, the self-assessment tool in your notebook.

Self - Assessment Tool

Heart Rate: Before _____	After _____	RPE: _____			
DANCE STYLE		O (5)	VS (4)	S (3)	NI (2)
TUTTING					P (1)

Performance Indicators

O-Outstanding	Can perform the style with mastery and without any difficulty
VS- Very Satisfactory	Can perform the style with minimal errors
S- Satisfactory	Can perform the style with many errors
NI-Needs Improvements	Can perform one step of the style
P – Poor	Cannot perform the style at all



Additional Activities

- A.** Create other geometric figures with your arms/hands and fingers. Do it in 8 counts.
- B.** If you have an internet access, browse the links below for your reference.
 - a. https://www.youtube.com/watch?v=1rluSO-QsOE&feature=share&fbclid=IwAR0RN9pT2iODm_CyEMQtwqOhGAgIkAB80Q-7boTvldG0kDB6f59ubkSq4FY
 - b. <https://www.youtube.com/watch?v=fuULhuG64OY>



Congratulations, you did a good job. This is just the beginning of your lessons. There will be more exciting and challenging learning experiences for the next module. Good luck and have fun!



Answer Key

Lesson 3	
What's In	
Lesson 1	What I Know
	A. 1. E 2. B 3. E 4. A 5. C 6. True 7. False 8. False 9. False 10. True
What's More (Activity 1)	
Lesson 1	Glow – malunggay, ampalaya, cauliflower, salad, squash, carrots, mango, banana, dragon fruit, avocado, cheese, fried chicken, bananas, peanut, go – rice, nillagaang karmote, oatmeal, noodles, bread, drinks – milk, fresh juice
Lesson 2	
	What's New
	1. Hip-hop culture 2. Hip-hop dance styles 3. Breakdancing 4. Graffiti 5. A

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<https://youtu.be/fuULhuG64OY>

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