

Class Name: Hip Hop (Ages 6 & up)

Teacher's name: Power in Motion Gymnastics & Dance – Instructor to be specified before start of school year

Teacher's Phone Number: 269-429-5100

Teacher's Email: info@pimgymnastics.com

Teacher's Bio: Power in Motion Gymnastics & Dance was started in 2008. We opened our current facility in November 2009 and recently completed an expansion/ renovation in December of 2015. All our instructors are USAG certified and have completed safety certification.

Our Mission at Power in Motion Gymnastics & Dance is to develop healthy, responsible children in a fun and safe environment.

Course Description: (Ages 6 & up) Hip Hop is an energetic dance style that is usually performed to hip hop music that evolved from hip hop culture. Students learn the elements of hip hop dance, including popping, locking and breaking. We work on dancing with different qualities such as speeds, levels, energy, directions, pathways, etc. Class starts with a warm-up focusing on body isolations, technique and stretching. Students then work on skills in the center, going across the floor and floor work. Toward the end of class student will work on memory and performance qualities during the end combination.

Skills/Positions List

Foot/Arm Positions:

Parallel

First

Second

Skills:

Isolations - head, shoulders, ribs, hip, arms, legs, hands

Body rolls

Step together

Slide

Grapevine

3 step turn

Cross touch

Knee lift

Touch leg out

Kick cross touch

Chug knee lift

Square step

Ball-change together

Floor Work:

Table top flip

Coffee grinder

Leg shoot out

8 step

Knee spin

Course Outline:

Week 1 – Lesson plan includes various skills from list above. (Begins September 5th)

Week 2 - Lesson plan includes various skills from list above.

Week 3 - Lesson plan includes various skills from list above.

Week 4 - Lesson plan includes various skills from list above.

Week 5 - Lesson plan includes various skills from list above.

Week 6 - Lesson plan includes various skills from list above.

Week 7 - Lesson plan includes various skills from list above.

Week 8 - Lesson plan includes various skills from list above.

Week 9 - Lesson plan includes various skills from list above.

Week 10 - Lesson plan includes various skills from list above.

Week 11 - Lesson plan includes various skills from list above.

Week 12 - Lesson plan includes various skills from list above– Gym Closed Thursday – Saturday -
Thanksgiving week

Week 13 - Lesson plan includes various skills from list above.

Week 14 - Lesson plan includes various skills from list above.

Week 15 - Lesson plan includes various skills from list above.

Week 16 - Lesson plan includes various skills from list above.

Week 17 Christmas – Gym Closed

Week 18 New Years – Gym Closed

Week 19 - Lesson plan includes various skills from list above.

Week 20 - Lesson plan includes various skills from list above.

Week 21 - Lesson plan includes various skills from list above.

Virtual Links (if any): www.pimgymnastics.com