



## Stimuli

YouTube clips of  
the dance group  
Diversity, street dance,  
cheerleading  
Television programme  
"High School Musical"  
Hip hop music

## Word bank



## Select a focus

Street dance,  
cheerleading

## Choose movement words

Slide, pop, lock, hold,  
rock, punch, clasp,  
high, low 'v' turn,  
step and bounce.

## Street dance

Original street dance includes basic moves such as **locking, popping** and **breaking** and is now commonly used to describe hip hop and funk dance styles. Music is current and energy levels need to be high to perform strong, big and bold movements.

Experiment with the following:

### Swagger

- ▶ Start with a basic march and focus on the **down** beat.
- ▶ Add in a heel dig across the body and pop the arm in front.
- ▶ Slide to the side, stamping feet together to finish (bounce action).
- ▶ Arms go in the opposite way and pop up at right angles to finish.

### Running man

- ▶ Running in one place, one knee lifts.
- ▶ As that foot is placed back down the other foot slides back then knee lifts.
- ▶ Focus on the down beat and keep the movement low.

## Developing the movement phase into a dance using STEP

- S** After mastering the basic moves on the spot, children create their own phrases which include changes of direction, use of canon and unison, variety of spatial grouping and levels.
- T** Combine the two styles together to create a 'streetcheer' dance phrase. Watch a clip from YouTube of Diversity, street dance, cheerleading. Copy some of the moves to add to the basic movement phrase.
- E** Speed up the music and perform the phrase quicker. Make pom poms to use for cheerleading.
- P** Split the class into two groups. One half of the group develop a new street dance phrase and the other develops a cheerleading phrase. Children then pair up and share their different movement phrases from the two styles.

## Cheerleading

A high energy physical activity based on organised routines that include dance, tumbling, jumps, stunts and cheers.

Basic moves include:

- ▶ low 'v'
- ▶ high 'v'
- ▶ t-motion
- ▶ half- 't'
- ▶ high punch
- ▶ low punch
- ▶ clasp
- ▶ table top.

Practise these moves to upbeat, current music that has a regular beat. Perform in groups of 2, 4, 6, 8. Perform the moves in unison, showing extension in the arms.



## Skills

## Example

### Thinking Me

Explore	Investigate	How can you use changes of direction to make the dances easier or harder?
Compose	Plan	What will help you determine which moves to select?
Perform	Create	Show how you used different body size and shapes?

### Social Me

Explore	Aware of others	What and who do you need to consider when dancing freestyle in general space?
Compose	Support	In what ways can you help and support others when practising technical moves?
Perform	Effective	How can you be an effective dancer in a group dance?

### Healthy Me

Explore	Stay safe	What safety aspects did you consider when transferring movements to group work?
Compose	Design a cool-down	What activities could you do that gradually reduces heart and breathing rates?
Perform	Take risks	Why might it be beneficial to attempt more difficult moves and variations?

### Physical Me

Explore	Maintain control	How can you retain body control when changing direction and levels?
Compose	Use of dynamics	Describe which dance dynamics you have used to demonstrate the energy level of this dance style?
Perform	Improve fluency	How can you improve the fluency of your movements when performing a combination of actions?

## Resources

-  "Pass Out" Tinie Tempah. "We Dance On" N-Dubz & Bodyrox.
-  "Fight for This Love" Cheryl Cole. "Boom Boom Pow" Black Eyed Peas.
-  "Party in the USA" Miley Cyrus
-  High School Musical, Bring It On! Fired Up
-  Pom poms or material to make pom poms
-  <http://www.youtube.com/watch?v=FriaMvobUi0> – street dance moves made easy.
-  <http://www.youtube.com/watch?v=sehgdgHCcuV0&feature=related> – Diversity in Britain's Got Talent final. Cheerleading - High School Musical, Bring It On! Fired Up. Images <http://classroomclipart.com/cgi-bin/kids/imageFolio.cgi?direct=Clipart/> Cheerleading – for clip art images of cheerleaders

## Learning connections

### PSHE

Rivalry – gang cultures, violence.

### Current affairs

Feuds between countries and cultures.

### History

Wars/battles.

### Drama

West Side Story musical.

### Art

Graffiti.

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