

NAME of activity	Hip hop dance
duration	30 mn – 2h
audience	6-9 years old : groups of 8 10-16 years old, groups of 12 + of 16 years old : until 20.
Pedagogical goal	<ul style="list-style-type: none"> <li>- body work, meet an audience without tools or objects</li> <li>- control and physical resistance</li> <li>- coordination of movements</li> <li>- perception on oneself in space, with respect to each other</li> <li>- observation and reproduction of movements</li> <li>- listening of the music, rythm, learning to recognize accentuation and strong times</li> <li>- develop driving memory and apply it to music</li> </ul>
Description	<ul style="list-style-type: none"> <li>- presentation.</li> <li>- warming up : movements in hypertension, work of articulations from head to ankles.</li> <li>- Explanation: hip hop music is generally made of 8 times. One movement on each time.</li> <li>- We 1<sup>st</sup> rehearse without music, showing each movement after the other. (1 ; 1-2 ; 1-2-3 ; 1-2-3-4). We start with the easiest movements, then we grow up the levels. This allows to maintain attention. We go faster and faster too.</li> <li>- We make again the choregraphy with music.</li> <li>- We alternate with and without music.</li> <li>-We can present it on a show .</li> <li>-Possibility of improvisation between each choregraphied sequence.</li> </ul>
Material	Amplified Music.
Space	Flat ground, space big enough with delimitation
Comments	Warming up is very important. Its duration depends on the level of concentration of the audience.
Restitution	One choregraphy, simple and easy to remember. Possibility to use music from the music workshop.