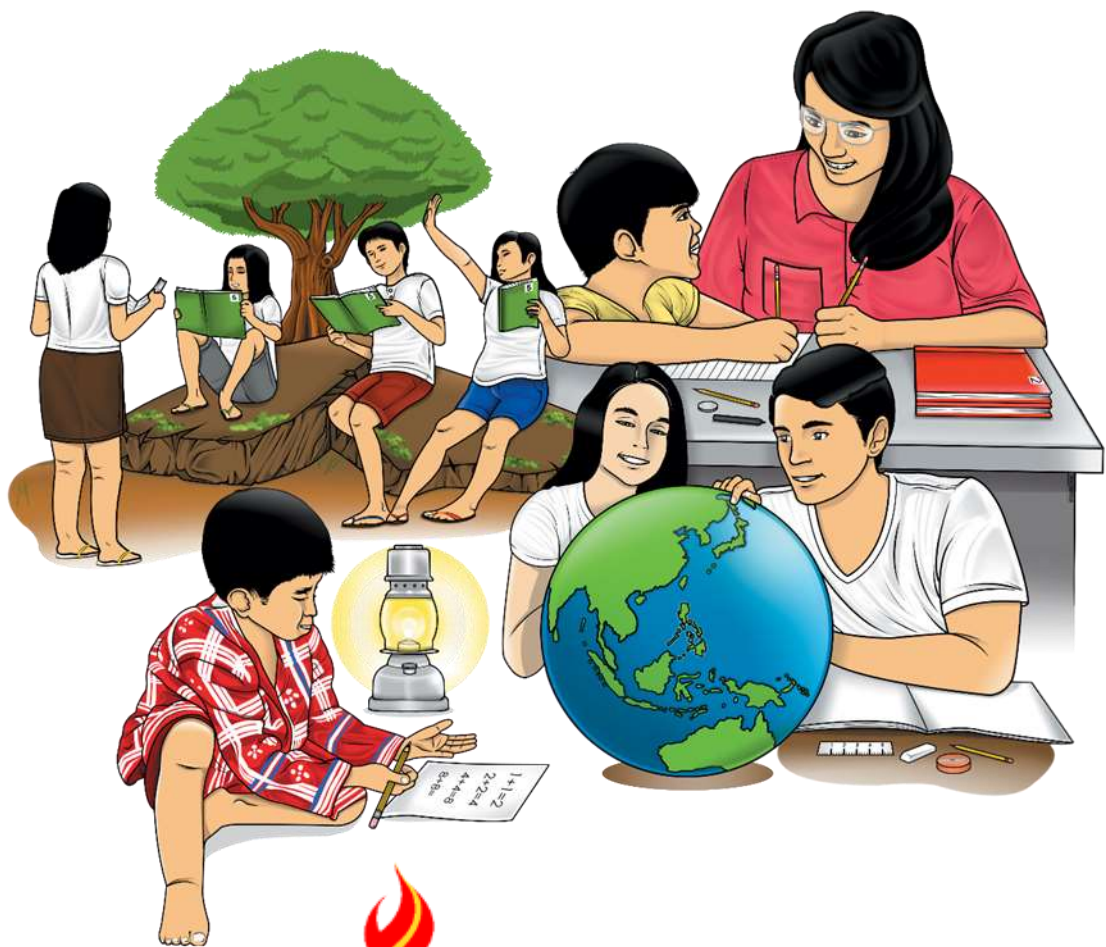


Physical Education

Quarter 3 – Module 2

Dance Craze 2: Street and Hip-hop Dances



Physical Education- Grade 10
Alternative Delivery Mode
Quarter 3 – Module 2: Dance Craze 2: Street and Hip-hop Dances
First Edition, 2020

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10

Physical Education

Quarter 3– Module 2

Dance Craze 2:

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 five lessons, namely:

- Lesson 4 – Hip-hop Dance Styles:
SHUFFLING AND KRUMPING
- Lesson 5 – Hip-hop Style:
BREAKING OR B-BOYING
- Lesson 6 – Hip-hop Style: **LOCKING**
- Lesson 7 – Making It Part of life
- Lesson 8 –Street and Hip-hop Dance as Physical Activity and Exercise

After going through this module, you are expected to:

- assess physical activity, exercise and eating habits
PE10PF-IIIah-39
 - a. Realize the importance of dancing to maintain lifelong fitness
- engage in moderate to vigorous physical activities for at least 60 minutes a day in and out of school **PE10PF-IIIch-45** and
 - a. Execute some of the hip-hop dance styles
 - b. Create a simple dance routine applying common styles in street and hip-hop dance
- express a sense of purpose and belongingness by participating in physical activity-related community services and programs
PE10PF-IIIch-48

Lesson

4

Hip-hop styles: Shuffling and Krumping



What's In



Welcome back! Can you still recall the Tutting movements you've learned from the previous module? I bet you can. Let's see if you can perform the 8 count-combo. Ready, start! (One, two, three, four five, six, seven eight)

Wow! That was great!

Now let's level up by learning other Hip-hop dance styles.



Note to the Teacher

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



What's New

One of the physical activities anyone can enjoy is running. It is a type of exercise that is good for the heart and lungs. Incidentally, in performing hip-hop dances, running is often used. Maybe you'll wonder how. Well, that's for you to find out in this lesson.

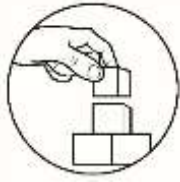
Today, you will learn the basic steps of shuffling and krumping. Let's begin.

DO THE WARM – UP EXERCISES



1. Quad stretch right (16 counts) Repeat it on your left (16 counts).
2. Take 4 walking steps forward, 4 walking steps backward, 4 going sideward right and 4 going sideward left. Repeat all.
3. Execute front kick right foot forward alternately with your left for 16 counts.
4. Step right, hop right, step Left, hop left Alternately for 16 counts
5. Do jumping jacks for 16 counts.
6. Raise arms upward and downward (inhale and exhale alternately), for 16 counts.

(After your warm-up, monitor your heart rate. Rest for a minute to catch your breath. If you are ready, read and execute the basic steps of Shuffling and Krumping.)



What's More

Activity 1: EXECUTE THE SHUFFLING BASIC STEPS

<p>1. T- STEP</p> <ul style="list-style-type: none"> • Start with your feet in T position. • Lift your left foot off the floor as you simultaneously draw your knee up toward your hip and spin on the heel of your right foot, turning your toes in. • As your left foot lands on the floor, spin your right toes out again. • Repeat as many times as you can by traveling to your right and left. 	
<p>2. KICK SIDE STEP</p> <ul style="list-style-type: none"> • Lift right leg and kick right foot in front. • As you bring it back, hop with your left, land on right at the same time do side step to your left. • Repeat on the other side. 	
<p>3. TWO STEP TWIST OR THE CHARLESTON</p> <ul style="list-style-type: none"> • Starting position, heels together then heel out. • Step twist right forward, step left twist forward. • Step twist left backward, step twist right backward. 	
<p>4. RUNNING MAN</p> <ul style="list-style-type: none"> • Lift your left knee up until it is about waist level. • As you bring your left foot to the floor, hop and slide your right foot back. At the end of this step, your weight should be on your left foot. • Repeat this move on the right and continue alternating sides. 	

Activity 2: LET'S DO THE KRUMPING BASIC STEPS

1. **STOMP** – is to put a foot down on the ground forcibly and quickly, making a loud noise. This is done to show anger. There are different types of this step.
 - a. **Lift Stomp** – Lift your leg up before you bring it down to stomp.
 - b. **Kick stomp** – bring your leg straight, kick it out, and bring it back to a stomp.
 - c. **Slide stomp** –slide out and raise your leg up either sideward or forward before finishing in a stomp
2. **CHEST POP** – simply pop your chest forward quickly and bring it back, it's like a pulse.
3. **ARM SWINGS** – throw your right arm forward and snatch it downward. Do the same with your left arm.

If you have access to internet, browse these links for your reference.

- a. https://www.youtube.com/watch?v=lrluSO-Qs0E&feature=share&fbclid=IwAR1CCgrFzgWBmjk4_kcLz1G9a8ZrPVzOrFjSdlQrcqvDQ2ZbwMf4fTgXODI
- b. <https://www.youtube.com/watch?v=3C4wEZ6fEuU>

After learning the basic steps of shuffling and krumping, you are now ready to perform combination of the basic steps. I have prepared 2 combinations, for you to execute. Select your own music for this activity. Are you ready? Let's start.

Activity 3

A. Combination 1

1. Execute 4 running man steps right and left alternately then 2 kick side steps right and left alternately.
2. Execute 8 T-steps going right and 8 T-steps going left.
3. Do kick side step right and left alternately for 8 counts then proceed with two twist steps for 8 counts. Repeat all
4. Repeat a, b, and c

B. Combination 2

1. Jump as you do chest pop (counts 1,2), execute another 2 chest pops (counts 3 and 4 and) then proceed with 2 stomps right and left alternately (counts 5,6) then 2 arm swings right simultaneously bounce your knees and feet as you do this (counts 7,8).
2. Stomp right foot forward count 1, stomp it sideward right count 2. Repeat b starting with your left foot count 3 & 4. Slide Right then stomp left to close-step, as you do the left arm swing simultaneously. (counts 5,6). Slide left foot, stomp right foot to close, then do the right arm swing simultaneously (counts 7-8).



How are you feeling? Did you enjoy the activity?

Remember that street and hip-hop dance is improvisational, so the dance steps that you can do are not limited. You can experiment and incorporate other dance steps that you know with the basic steps of shuffling and krumping that you have learned.

Before you evaluate your performance through the self-assessment tool, you must do the cool-down exercises first.

Cool Down Exercises

1. Side arm stretch (16 counts each)
2. Do bend side stretch for 16 counts to your right and do the same to your left.
3. Quad stretch right and left. (16 counts each)
4. Jog for 16 counts.
5. Squat and raise (inhale and exhale alternately) 16 counts

Self - Assessment Tool

After the activity for today, it's time to accomplish your self-assessment tool by evaluating your performance.

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

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

Lesson

5

**Hip-hop style: Breaking
or B-boying**



What's In



Hello! Welcome to the world of hip-hop dance once again!

Another exciting activity is yet to come today. I hope you are ready physically and mentally. Are you wearing your comfortable clothes and rubber shoes? Do you have your water with you?

So, before you proceed, let's review first. What are the basic steps of shuffling and krumping that you have learned yesterday?



What's New

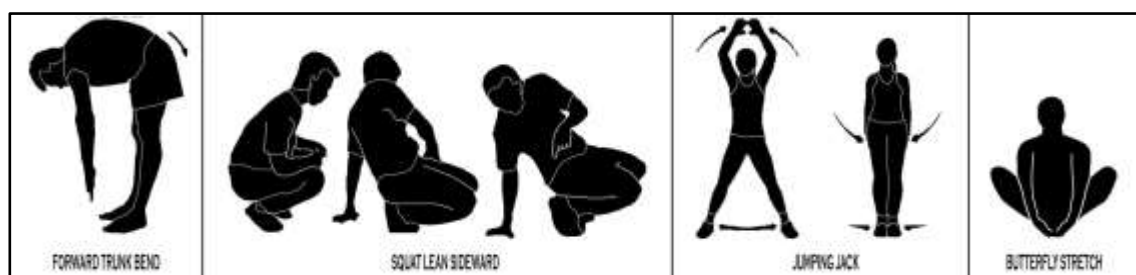
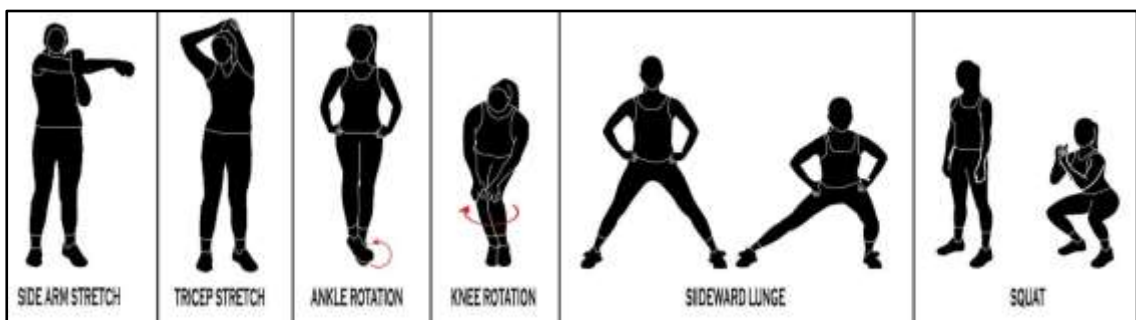
For today, you will be learning another style of hip-hop, it's called *Breaking* or *B-boying*. This style is a challenging one and it's a little bit difficult than the previous styles that you have learned.

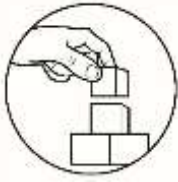
So, it is necessary to observe utmost care while doing the activity to avoid injuries. Let's begin.

WARM – UP EXERCISES

You can use musical accompaniment as you do your warm-up exercises. This is to be done for 10-15 minutes.

1. Do side arm stretch right and left for 8 counts each. Followed by Tricep stretch right and left for 8 counts each as well.
2. Execute lunge forward right (8 counts), left forward (8 counts), right sideward (8 counts) and left sideward (8 counts).
3. Do squats (half bend) 16 counts.
4. Bend your trunk forward until such time that your hands are touching the floor. Hold position for 8 counts.
5. In full squat position (as if sitting on the heels of your foot), slowly twist your trunk to your left and lean your body backward, your left hand is supporting your weight (count 1). Bring your body up to squat position (count 2). Repeat the same movement to your right. Do this for 16 counts.
6. Stand and shake your legs to relax.
7. Do jumping jacks for 16 counts.
8. Inhale, exhale to catch your breath.





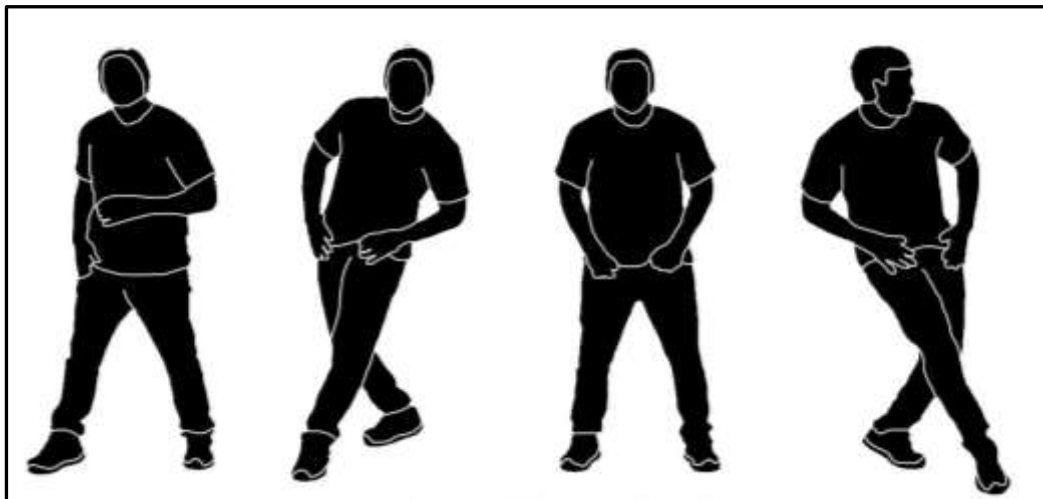
What's More

ACTIVITY 4: LET'S DO THE BREAKING BASIC STEPS

- 1. 2 – STEP TOP ROCK** (when you do this, bend your knees and bounce)

Variation 1

- Stand with your feet about shoulder width apart. Step your right foot to your side (count 1).
- Touch your right **foot in front** (count 2). Repeat the movements, starting with left foot. (counts 3,4).
- Note: arms can move freely, you can roll, clap, stretch, punch, freeze it.



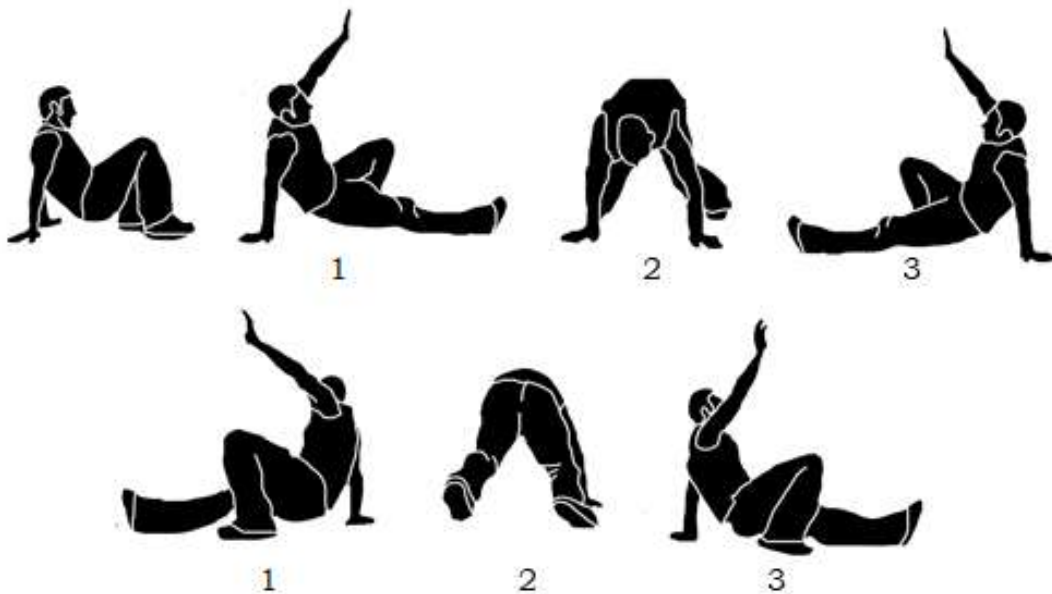
Variation 2

- This can be done just like the way you do the variation 1. The only difference is that you have to touch your **foot in rear** for count 2.



2. 3- STEP DOWN ROCK

- Start with a crab walk. Right leg extended forward, right hand supporting weight.
- Pull right leg back inside finishing to crouch push up position
- Extend left leg forward, left hand supporting your weight.
- Repeat all.



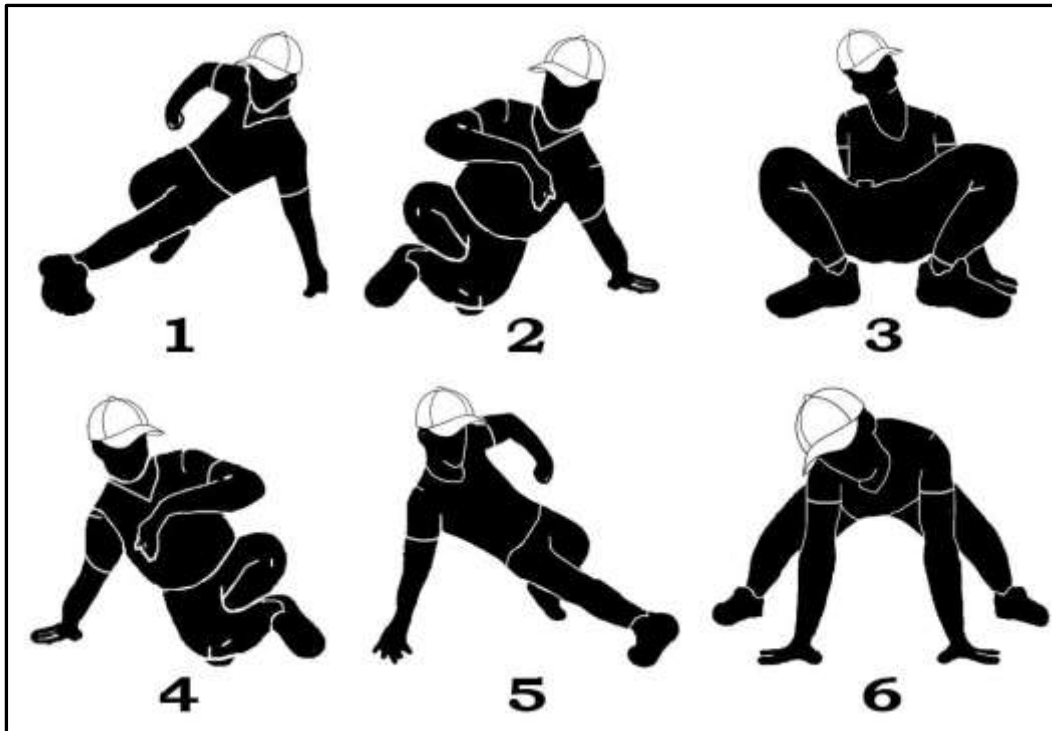
Practice the 3-step down rock. Starting it with slow tempo then gradually become faster. You can also improvise your own dance combination for this style.

Here are some suggested links that you can browse if you have an internet access.

- <https://www.youtube.com/watch?v=i8jkbQ1Leuc>
- https://www.youtube.com/watch?v=zPdQ1gN7Ngo&feature=share&fbclid=IwAR2HQhrKBgT6bkwYWsOaoAwPIOS8-k-sEv5vqEp6duBPgO6c3pTATs_ylw0

You can also try to perform these steps, the 6-step down rock. Do it slowly until such time that you will master the steps. You can experiment with the tempo.

3. 6 -STEP DOWN ROCK



1. Starting in push-up position, step left extended forward, left hand supporting your weight.
2. Step right behind left.
3. Step left so that the feet are apart, two hands at the back supporting your weight.
4. Cross right foot over left, right hand now supporting your weight.
5. Step left foot back.
6. Step right foot back, hands in front this time.



What are your feelings after doing the activity? Did you encounter any difficulty in doing the movements? Did your heart rate increase after the activity? Can you tell the component that is being improved when you do break dancing or B-boying?

Don't forget to do your cool-down exercises and accomplish the self-assessment tool.

Cool Down Exercises

1. Do side arm stretch and tricep stretch right and left (8 counts each)
2. Lunge sideward right. Hold for 16 counts. Do it to your left for 16 counts. Repeat lunge forward right (16 counts) then lunge forward left (16 counts).
3. Bend your trunk forward, toe touch right and left alternately for 16 counts.
4. Do butterfly stretch for 16 counts for 2 repetitions.
5. Stand up and shake your right and left leg (8 counts each). Shake also your arms upward (8 counts) and do the same downward (8 counts). Do it for 2 repetitions.

Self - Assessment Tool

Heart Rate: Before _____ After _____ RPE: _____					
DANCE STYLE	O (5)	VS (4)	S (3)	NI (2)	P (1)
BREAKING OR B-BOYING					

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

Lesson

6

Hip-Hop Style: Locking



Good day! Welcome back. This is another exciting and challenging day for you, my dear learners. Let's get started.



What's In

You have experienced to be a B-boy and a B-girl yesterday and I know for sure it was an unforgettable experienced on your part. Can you still recall the basic steps of Breaking that you have performed previously? What are these again?



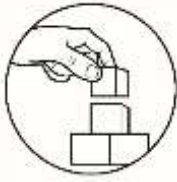
What's New

LET'S DO IT: WARM-UP EXERCISES (Do this for 10 minutes)



1. Do neck stretch side right and left 8 counts each for 2 repetitions.
2. Execute side arm stretch 16 counts each, right and left. Followed by tricep stretch right and left for 16 counts each.
3. Stand feet apart. Do punch forward right and left alternately (16 counts) for 2 repetitions.
4. Do high knee kicks right and left (16 counts) and butt kicks for 16 counts as well.
5. Execute 4 walking steps forward, clap at the 4th count as you close your feet together. Do the movement backward for another 4 counts. Repeat all.
6. Squat and raise to catch your breath (inhale and exhale).

Are you feeling good right now? With the warm-up that you've just done, I know you are now ready for today's activity.







What's More

Activity 5: Read and execute the different basic steps of Locking.

LOCKING STEPS

<p>1. MUSCLE MAN/UPLOCK</p> <ul style="list-style-type: none">• Feet together. Bring arms in reverse T position, chest out.	
<p>2. LOCK</p> <ul style="list-style-type: none">• Arms in shoulder in first position• Bend your trunk forward as you move your left foot slightly forward• Lock your right hip	
<p>3. UNCLE SAM POINT</p> <ul style="list-style-type: none">• Bring your right arm to your left shoulder then point to your right sideward, head following the right arm.	

<p>4. WRIST TWIRL</p> <ul style="list-style-type: none"> • Bring arms to shoulder level. • Make a big circle with your wrist upward then do it downward to shoulder level. • Bring your arms to your side. 	
<p>5. PUNCH/PACING</p> <ul style="list-style-type: none"> • Bring right arm at chest level then punch (can be forward or sideward punch). Do it again start with your left arm this time. 	
<p>6. SCOOBY DOO</p> <ul style="list-style-type: none"> • Do Muscle Man • Bend your knees as you move your heels together. • Kick right foot forward. • Do ball change (step right, step left) 	
<p>7. CLAP</p> <ul style="list-style-type: none"> • Bring right arm sideward up. • Clap right with your left hand. • Repeat all but this time start it with your left arm. 	

If you have an access to the internet, you can browse the link below for your reference.

- b. https://www.youtube.com/watch?v=nuo-6UKqBMI&feature=share&fbclid=IwAR2MDYZSEaRTvtTOF0reoedkg-Uo2jkyJaaYVduOvj_Dle8KBWtk8-4ThVg

Activity 6

Directions: Select your own music as an accompaniment for this activity. Perform the basic dance step combinations of locking below.

A. Combination 1 (8 counts)

Execute muscle man (count 1), lock (count 2), Uncle Sam point right arm (counts 3-4), Scooby Doo (counts 5-8)

B. Combination 2 (16 counts)

Execute wrist twirl (4 counts), Scooby Doo (counts 5-8), point right (count 9), clap (count 10), punch left (count 11), punch right (count 12), Scooby doo (counts 13-16)

How are you doing? Can you follow? Try harder. You can do it your own way and style. Just enjoy and have fun!

For your cool down exercises, you will be given the freedom to choose what exercises you want to execute but don't forget to accomplish your self-assessment tool after doing the activity.

Self - Assessment Tool

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

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

Activity 7: Short Essay: Reflection

Directions: You have recorded your data on your Heart Rate (HR) and Rate of Perceived Exertion (RPE) for the past days of engagement in hip-hop dancing. Reflect on the data that you have gathered. Make an essay of 100 words describing the results of your HR and RPE in relation to your health status.



Additional Activities

Activity 8

Directions: Identify the component that can be developed in street and hip-hop dance styles by writing your answer on the column provided. Briefly explain your answer. Do this in your notebook.

Dance Styles	Fitness Components	Remarks/Explanation
Locking		
Breaking		
Popping		
Shuffling		
Krumping		

Components: Speed, Balance, Agility, Coordination, Power, Reaction Time, Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, Body Composition.

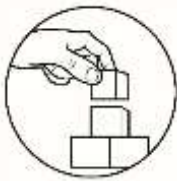
Lesson

7

Making it Part of life



Now that you have assessed yourself, you are now ready to perform a simple hip-hop dance routine. I hope by now, you can transfer your learning to others and influence them to practice a balance healthy lifestyle.



What's More

Activity 9

Directions: Create a simple Hip-hop dance routine for 1-3 minutes applying the different styles that you have learned following the criteria below. You can do some improvisations. Involve your family members, friends, and neighbors in the activity. Together, record your performance in a video and submit it to your teacher.

RUBRIC FOR ASSESSMENT OF PERFORMANCE

	Excellent (5)	Good (4)	Acceptable (3)	Final Score
Dance Memory	Performed the routine extremely well with no mistakes	Performed the routine well with very few mistakes	Performed the routine poorly with several mistakes	
Execution	Correctly executed 5 basic steps in hip-hop	Correctly executed 3 basic steps in hip-hop	Correctly executed 2 basic steps in hip-hop	

Rhythm/ Timing	Consistently danced on count and with the beat of the music.	Frequently danced on count and with the beat of the music.	Sometimes danced on count and with the beat of the music.	
Over-all Impact	Extreme energy was displayed while dancing hip-hop	Energy was demonstrated dancing hip-hop	Little energy was spent/used while dancing hip-hop	
Participation /Involvement	Three or more members participated in the dance.	Two members participated in the dance.	Only one member participated in the dance.	



What I Have Learned

Activity 10: SENTENCE COMPLETION

DIRECTIONS: Complete the sentence by supplying ideas that you have learned from the lesson.

1. Recreational activities like street dance can_____.
2. I realized that _____.
3. I need to _____.
4. To sustain lifelong fitness, I _____.
5. My plan is _____.

Congratulations! You are almost done! I hope by now that you, your family, and your friends/neighbors can appreciate and make hip-hop dancing as one of your physical activities.

Lesson

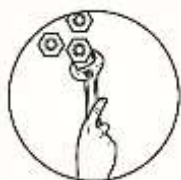
8

Street and Hip-hop Dance as Physical Activity and Exercise



You have reached the last part of your lesson. Only a bit of time and you are done.

At this time, dancing should have already been considered one of your recreational activities, combining it with healthy eating habits to maintain lifelong fitness.



What I Can Do

Activity 11: DIFFERENTIATED ACTIVITY: PROMOTIONAL AD (for Hip-hop as physical activity and exercise)

Directions: In this activity, you can be a painter, a composer, a writer and a videographer.

Make an advertisement promoting hip-hop dance as an excellent means of achieving fitness and wellness. You can create a song/jingle, poem, poster, and video.

Your output will be rated according to these criteria:

Creativity (50%)

Effectiveness (30%)

Relevance (20%).



Assessment

Activity 12: Reflective Essay

Directions: Make a short reflection about your learnings through this module. You can relate your experiences, your feelings, the challenges that you have encountered while performing the hip-hop moves, and how will you be able to cope with these challenges. Do you appreciate this kind of dance? How did you realize it? If not, what actions or steps are you going to do in order to appreciate and like it?

You will be graded based on this rubric.

CRITERIA	EXCELLENT (5)	GOOD (4)	FAIR (3)	POOR (2)
Depth of Reflection	Demonstrate a conscious and thoughtful understanding of the lesson.	Demonstrate thoughtful understanding of the lesson.	Demonstrate a basic understanding of the lesson.	Demonstrate limited or little understanding of the lesson.
Structure & Organization	Writing is clear, concise, and well organized with the use of excellent sentence/paragraph structure. Thoughts are expressed in a logical manner.	Writing is mostly clear, concise, and organized with the use of excellent sentence/paragraph structure. Thoughts are expressed in a logical manner.	Writing is unclear, and thoughts are not well organized. Thoughts are not expressed in a logical manner.	Writing is unclear, disorganized. Thoughts make little to no sense.
Grammar	There are no more than three spelling or grammar errors.	There are no more than five spelling or grammar errors.	There are more than five spelling or grammar errors.	There are numerous spelling or grammar errors.

Wrap Up

Remember

- Street and hip-hop dances are good recreational activities that can help in toning muscles. It builds strength and makes the joints more flexible. It can also boost confidence and reduce stress. Dancing as a lifetime habit surely helps in sustaining fitness but this should be accompanied with proper eating habits.
- To achieve and sustain fitness and wellness, you have to engage in physical activities, have proper eating habits and enjoy leisure. These are very important factors because they allow you to enjoy and have a quality life.
- You should have a balanced living as well. It means considering all aspects of your life: relationships, work, fitness and health, and emotional well-being. Managing your time is very necessary. No matter how busy you are, you have to find time to relax and enjoy. Influence your family and community to a healthier life. Live life to the fullest!

Congratulations for reaching the finish line. You may now move to the next modules for Quarter 4!



Answer Key

LESSON 6
ADDITIONAL ACTIVITIES
1. Power
2. Muscular strength, power,
flexibility
3. Flexibility
4. Agility, coordination
5. Power, strength

LESSON 7
WHAT'S MORE
STUDENTS ANSWER MAY VARY

WHAT I HAVE LEARNED
STUDENTS ANSWER MAY VARY

WHAT I CAN DO
STUDENTS ANSWER MAY VARY

ASSESSMENT
STUDENTS ANSWER MAY VARY

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Youtube

https://www.youtube.com/watch?v=AtrA715k0ek&feature=share&fbclid=IwARONIZb4hlnYrHfM9_SjEl-6Uk2AHiU8p0y9_uvZc-3nruESBNNs29_YNhM

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