**MJCCA- Dance** Week 4: Hip Hop

**Teacher:** Antony

**Participants:** Approximately 5 groups of 10 Campers per day

**Space:** Dance Shelter

**Materials:** N/A

**Target Age:** 7-10

**Time Required:** 60 mins

**Type:** Dance

**Introductions/Rules** (5 Mins)

Enter the shelter and let them have a seat.

-No Talking when I’m talking.

-No Horesplaying. The shelter is not a safe place for unsupervised movements.

-At least try every movement the best that you can.

-Have fun

**Ice Breaker Activities** (10-15mins)

-People to People/ Movement Dance

-Bust-A-Move

**Water Break** (5 mins)

**Warm-ups Activities** (10 mins)

 -Jumping Jacks

-Stretches

 -Stretch up and Stretch down

**Water Break** (5 mins)

**Hip Hop Info Intro /Dance Moves** (20 mins)

Cat Daddy/Bernie

Cabbage Patch

The Running Man