Hip-Hop Dance- KS3



**Task 1:** Open the link below and read the article. Make sure you watch the videos too! (You will be answering questions in response to what you have read/seen).

<https://www.goandance.com/en/blog/hip-hop/131-the-history-of-hip-hop-its-culture-and-origins>

**Task 2:** Answer the questions below- you should use the information you have read from the link above, and you may want to do some extra research to support your answers.

1. When and where did hip-hop originate?
2. What are the four elements of hip-hop?
3. Explain what each of the four elements of hip-hop are (use the videos to help you).
4. What is the Hip-Hop Golden Era?
5. What are the three main styles of hip-hop dance?
6. Describe two movements you might see in each of the three main styles of hip-hop dance.

**Task 3:** (GET MOVING!) Open the link below- you are going to learn a Diversity routine! You need to at least learn the beginners section 1 and 2- but try and challenge yourself ☺.

<https://www.youtube.com/watch?v=UQh3yhehc0g&fbclid=IwAR12l4DD9CyiMyDTHlrEFbltzEZJUGlP5KXpOyBe_inT1XxKKjYkGGjnEWs>

**Task 4:** Answer the questions below- they are about the physical skills you need to complete the Diversity dance.

***List of physical skills***- strength, stamina, flexibility, posture, alignment, balance, isolation, extension, coordination, control, mobility

*(if you are not sure what some of them mean then make sure you look up the definition!)*

1. Name 3 physical skills you need to complete the Diversity routine effectively and safely.
2. Explain why those 3 physical skills are important to be able to perform the Diversity routine effectively and safely.
3. Describe an exercise that you can do to improve each of your chosen physical skills.