Arts Corps

Quarter & Year: Winter 2015
Teaching Artist: Jerome D. Aparis
Course Title: Break Dancing
Facility: Mercer Middle School
Student ages: 13 +
Course Description:

In this break dancing class, students will learn break dancing skills, gain self-confidence and build creativity. Participants will learn the history, foundation, and fundamentals of break dancing. They will be asked to share themselves and their talents as well as work together to build strong unity among the group and collaborate on choreography and performance opportunities.

Material Needs:

Pizza party at the end of the quarter – $30

Goals and Objectives:

1. Concepts & vocabulary: Students will learn…

Top rock	Battle mentality	Break Boy/Break Girl
Footwork	Show presence	dancing on the break
Freezes	B-boy/girl philosophy	Beginning/middle/end principle
Air/power moves	Intro/outro concept	Semi freestyle idea

2. Specific techniques & skills: Students will learn…

a) **Think creatively**: Students will learn…

- How to express with creative ingenuity through motion:
  - Learning how to hear and feel the music on beat
  - Performing the foundation and developing personality moves
  - Understanding the concept of semi-free styling
  - Displaying a combination while having the music guide their steps

- How to perform the beginning middle and end principle:
  - A philosophy to remind students the ideal combo
  - Beginning always starts with on beat intro and top rock
  - Middle is the footwork section
  - End is the freeze/air moves section, must finish strong

- How to perform - the blueprint:
  - Basic blueprint combo
  - Adding and changing the combo with own ideas
  - Asking teams to make combos with specific moves
  - Working together to create town team masterpiece combo

b) **Mental & physical discipline**: Students will learn…

- The frustration technique:
  - Students perform a move that will frustrate them. Frustration used as a means to have students learn patience and persistence

- Cardio and strength training
  - Use of competition and Battle to build endurance
  - Rehearsing/performing moves over and over to build skill/cardio
  - Students perform exercises that will help them with balance
  - Exercises to help with the fundamentals of holding freezes

c) **Express ideas & feelings; develop aesthetic sensitivity**: Students will learn…
- How to learn the battle attitude of a bboy/bgirl through bboy movies
- how to learn and use body language and concepts to express you inner feelings
- how to learn how to write down personal moves and combinations
- how to control feelings of stage freight and turning that energy to encompass personal performance

d) **Work together effectively**: Students will learn…
- How to work as a team
  - Students will be asked to create and perform group routines
    - Each group will have appointed leaders that will rotate, so each student has a chance to develop leading and listening qualities
- Teams will compete to build respect amongst each other and to bring unity and diverse understanding.

e) **What is unique about themselves & their work**: Students will learn…
- How to transform their personality into motion as a means of using bboy/girl moves.

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f) **Generate & apply criteria**: Students will learn…
- How to inspire and help each other make and creatively change moves
- How to share what they feel when they battle and perform
- How to use positive competition to build and challenge each other to build skill

g) **Context of art form/role of artist in society**: Students will learn…
- The different concepts and mentality of performing and competing.

h) **Inspire themselves and others and have FUN!**

Assessment Strategies:

1) Each session: peer review or self review (verbal)
2) Mid-way: Video record to show and analyze student's performances; discuss with student what was successful and what they could work on.
3) Post: Final presentation, end of class assessment and student survey

Plans for Classroom Assistant/Documentor/Teen Aide:

Teen aide will assist with recruitment, attendance, one-on-one mentoring, small group break-outs, and assessemnt.

Weekly Outline

Week 1 Main Focus: Breaking the ice

Day 1 Activities:

- Setting the foundation/setting boundaries and expectations/rules regulations
- Intro: the art of b-boying/b-girling, four ingredients, teacher showcase
- Warm up- 2 steps and back step
- Stretch out
- New moves/combos: 2 steps/back steps/side step/ back chair freeze
- Showcase individually and give reinforcement
- Goal: break the ice and do simple moves to make them feel confident.

Day 2 Activities:

- Warm-up, review combos, play follow-the-leader
- Do call-outs
- Stretch out
- New moves: strength training, pipe freeze, 6 step, cross top rocks, 2 step, hop go downs
- Solo showcase
- Goal: get to know the kids more on the personal level, find their "learning language" know kids by name and some of their background. Build more trust.

Week 2 Main Focus: Finding team and individual goals

Day 3 Activities:

- Warm up, call outs, rotations with leaders
- Stretch out
- New/review moves: Dip step, CCs, 6-step, thread through, pipe freeze
- Team up: two students work together as a team to accomplish a combo, they will then perform it in front of their peers
- Goal: getting the students to work as a team with other individuals and elaborating on team effort.

Day 4 Activities:

- Warm up: rotations, leaders
- Stretch out
- New moves: cross step, walk around step, slide step, back chair freeze to have baby freeze
- Team up: battle time, duo competition among the students
- Goal: working on the concept of battling

Week 3 Main Focus: Performance control

Day 5 Activities:

- Warm up: "Staking" call out all top rock steps and stack them one after another
- Stretch out
- New Moves: pipe freeze to baby freeze, thread through, legs splits long gated move
- Show case: set long combos and have students perform in front of the class. Peer critique
- Goal: discipline the student's control of anxiety and composure by making long combos (staking).

Day 6 Activities:

- Students write individual goals, talk about the importance of goals and how to achieve them.
- Warm up: students make there own 2/8 counts, use their combos to stack.
- New moves: the back spin into air baby freeze
- Battle time: solo battles
- Goal: Getting students to understand the power within them, learning from one another and collaborating combos.

Week 4 Main Focus: The Art of Battling

Day 7 Activities:

- B-boy/bgirl video day
- Analyzing the art of battling
- Goal: To inspire students and get ideas.

Day 8 Activities:

- Warm up- 6 step and CC training
- Stretch
- New moves: the hand glide, head stand, L freeze, cult 45
- The circle explained, the concepts of freestyle
- Crew Battles: crews battle it out
- Goal: Freedom from the mentality of orthodox step by step teaching

Week 5 Main Focus: Ways of battle and showcase concepts

Day 9 Activities:

- Warm up: review all moves/call outs
- Stretch
- New moves: W freeze to head freeze, leg grab roll, to cc's
- Show case: the concept of the commando style
- Goal: showing different ways of battling/showcasing

Day 10 Activities:

- Warm up: circuits, tops/footwork/freezes/air moves
- Stretch
- New moves: the swipes, to half ninja into the baby, to chair freeze
- Show case: identify who can do the most swipes and the cleanest combination to the baby/chair freeze
- Goal: to support the flow of student movement and help them understand clean movements that snap – it's about the quality of the combo, not the quantity.

Week 6 Main Focus: The B-boy/girl mentality

Day 11 Activities:

- Students write down all combos from past sessions, establishing a notebook of moves.
- Warm up: Simon says with b-boy moves
- Stretch outs
- New moves: Rsc hops, cork screws, 1-hand balance
- Show case battle: students make their own combos with the new moves
- Goal: elaborating on becoming more of a complete b-boy/b-girl

Day 12 Activities:

- Warm up: call outs of all moves
- Stretch
- New moves: head stand transition to baby, to back chair freeze, to chair freeze
- Train effect: taking one of the old moves (on the paper), changing them up and adding new moves to it; make two combos
- Battle time: battle in crews
- Goal: Refreshing combos and exploring more on creativity and character/flava

Week 7 Main Focus: Battle strategies

Day 13 Activities:

- Warm up: review tops, and cc/6 step training
- Stretch
- New moves: connecting swipes to coffee grind to back spin, coin drop
- Battles: commando style, solos
- Review personal goal sheet: "where do I stand"
- Goal: Get more comfortable with battling

Day 14 Activities:

- Video day
- Goal: refining what makes a great b-boy/b-girl - presentations, moves, top rock, footwork, freezes, air moves, style and character.

Week 8 Main Focus: Establishing Character

Day 15 Activities:

- Warm up: chaining freezes/chaining top rock, CC, 6 step training
- Stretch
- New Moves: 4 step, shoe glides, figure four snaps, hand spin to back spin
- Battles: tournament prep for the final day
- Goal getting more detailed in battle concepts, performing & establishing character

Day 16 Activities:

- Burn out tournament, winner takes all, prizes for first place
- Call out battles
- Reward Ceremony