

Hip Hop Warmup

Developed by Gary Lapow

Food 'n Fun

Objective/Goal:

This is a main experience that promotes healthy physical movement.

Educational Impact:

- ✓ Attending
 - ✓ Listening
 - ✓ Following directions
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Suggestions for use with the *Songs for Singing and Learning* CDs:

- ✓ "Hip Hop Warmup"
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Procedure and Process:

As a teacher, you are often asked to find new ways to capture your children's attention while focusing on the details of your curriculum. The demands of the current focus on children's health habits may involve relatively new concepts for early childhood educators. How do we make fruits and vegetables seem more attractive than cake, candy, and ice cream? How do we show that exercise is more enjoyable than television and video games?

Hip Hop Warm-up

This is a call and response song with motions. This warm-up can be used to wake up our bodies and minds, and will get your juices flowing. Once you're comfortable with it, you can use it with your children.

Lyrics

Hip Hop

Hip Hop

Hip Hop

Movements

Jump up and down

Wolf Trap Master Teaching Artist Workshop Experiences

<i>Now stop</i>	Hands out in front of body
<i>Say "Yeah, Yeah, Yeah."</i>	Nod head up and down
<i>Say "No, No, No."</i>	Shake head "no"
<i>Say "Stop, Stop, Stop."</i>	Hands out in front of body
<i>Say "Go, Go, Go."</i>	Wave hands around
<i>Come here, come here</i>	Wave hands "come here"
<i>Stay there, stay there</i>	Wave hands "away"
<i>Say where? Say where?</i>	Shade eyes with hand, searching
<i>Over there, over there</i>	Point in one direction
<i>Say where?</i>	Shade eyes with hand, searching
<i>Who cares?</i>	Shrug shoulders, palms up
<i>Hip Hop</i>	Jump up and down
<i>Hip Hop</i>	
<i>Hip Hop</i>	
<i>Now stop</i>	Hands out in front of body
<i>Put your hands on your head</i>	Hands on head
<i>Did you hear what I said?</i>	Cup hand behind ear
<i>Put your hands on your knees</i>	Hands on knees
<i>Are you listening to me?</i>	Cup hand behind ear
<i>Everybody stand tall</i>	Stand up
<i>Hip Hop y'all!</i>	Jump
<i>Hip Hop</i>	Jump up and down
<i>Hip Hop</i>	
<i>Hip Hop</i>	
<i>Now stop</i>	Hands out in front of body
<i>Now turn it all around</i>	Turn around
<i>Shh! Don't make a sound</i>	Finger to lips for "shh"
<i>Everybody sit down</i>	Sit down