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MPUMALANGA PROVINCE

NATIONAL SENIOR CERTIFICATE

GRADE 10

LIFE ORIENTATION

PET TASK 5

2024

TOTAL MARKS: 10

NUMBER OF PAGES: 3

GENERAL INSTRUCTIONS

PREPARATIONS

- The PE lesson plans will form basis for the formal observation of PE activities
- All learners will do warm-up (check heart rates, clear the playing field of potential harmful objects, do warm-up activities)
- The instructions on the **Relaxation and leisure activity** will be explained.
- Groups will be formed. However, marks will be allocated for an individual attempt. Therefore, marks must not be shared.
- Physically challenged learners need to be allocated customised activities

PARTICIPATION

- Participation will be done in each PE period and the record sheet will be completed.
- Only movement performance is recorded in the formal marksheet. The marks for movement performance are 5 per an observation.
- Learners will participate in all the activities contained in the lesson plan.
- The six periods for participation will be divided in two parts, namely, 3x2 periods

MOVEMENT PERFORMANCE

- All learners will do **HIP-HOP** for the first and **MACARENA** for the second movement performances.
- Learners must have practiced these two activities before formal observation.
- For movement performance, 4 periods will be used for assessment.
- Update the personalised Movement performance marksheet.

COMPLETION

- Learners will do cool-down activities
- The heart rates will be measured and the importance thereof emphasised

How to Dance Hip Hop

"Hip hop" refers to a variety of forms of music that began with African-American and Latino youth in the South Bronx and Harlem in the 1970s. You can come across this form of music at the club, at a school dance, or pretty much anywhere. We'll show you how to loosen up, master 10 iconic moves, and perfect your groove so you can get on the dance floor.

Part 1

Getting the Basics Down

Download Article

1

Stand with your feet shoulder width apart. This is a safe bet for when you're starting to dance to hip hop music. This neutral position will make it easy for you to try any dance move you want to try. Your knees should be slightly bent, which will make it easier for you to dance and will keep you from looking too stiff or formal.[\[1\]](#)

2

Wear comfortable clothes and relax. You want your clothes to be loose and comfortable when you're practicing.[\[2\]](#) Just relax and put on some good hip hop music, like OutKast, Lil John, Kanye West, or anybody else who makes your feet want to move on their own.

- Wear shoes that do not grip the floor too hard. You want to be able to slip and spin easily. If your soles catch on the ground during a fast move, you could fall down, or even twist an ankle.
- You don't want to look stiff when you're dancing hip hop. Look relaxed, with your body comfortable instead of standing up too tall or looking like your head and neck are too stiff.

3

Keep your arms at your sides. Don't cross your arms over your chest or fidget with your hands. Just keep your arms and hands nice and loose at your sides, staying relaxed as you start to move to the music.

4

Rock your hips. When you're dancing hip hop, it's important to get your hips into it. You'll need to move those hips to the right, to the left, to the front, or to the back along with the flow of the music. This can be one of the first things you do as you're getting ready to bust out some killer moves.

5

Start moving. You don't have to follow how other people dance, but know the moves. There's no set way to dance to hip hop music. Your best bet is to relax, move your hips, and to find whatever dance moves feel right to you. You can steal elements of popular dances or make up your own, and mix and match between different moves as much as you like. See the next section to get inspired to do a variety of dance moves.

- Remember, it doesn't matter if you look like you know what you're doing. If you act confident and like you do know what's what, then people will have faith in your hip hop dancing skills.

Part 2

Mastering the Moves

Article

1

Do the Dougie. Learning the whole "My Dougie" dance can be helpful in a pinch if the song comes on. Knowing the main moves in the dance, which require you to move your arms and shoulders from left to right, can also add a nice touch to your dance moves. You can incorporate a move from this dance into your hip hop moves at any time. You do not have to do the whole dance; you can just do it for a few seconds before you transition into another move.[\[3\]](#)

2

Do the Stanky Leg. This is another fun dance move that makes it look as if one of your legs doesn't work properly, hence, the term "stanky." Though these moves are part of a dance, you can just do the stanky leg any time. All you've got to do is stick one foot out and lean in the opposite direction, moving the foot that's out in a way that makes it look "stuck" or stanky. After a few seconds, you can move to the other side and repeat the move with the other leg.[\[4\]](#)

3

Learn to body pop. Body popping is another classic hip-hop move where you isolate one part of your body at a time, making it "pop". You can pop your arms, your shoulders, your chest, or any other part of your body while you're on the

dance floor. This is a great move that you can use from time to time, without putting too much emphasis on it.[\[5\]](#)

4

Do the Helicopter. The Helicopter is a classic break dance move where you squat down on the ground, with your hands on the floor, and move one leg all the way around your body. To pull this off, you'll have to lift your hands and jump just at the right time, so your feet don't run in to your hands and other leg. This is a great move to do on the dance floor, especially if you're dancing in a circle.[\[6\]](#)

5

Pop, lock, and drop it. This dance move looks just like it sounds. First, you pop one part of your body, then you lock it all into place. After that, you get low and drop it, with your feet wide. You can do this any time in the middle of any dance move.

6

Shuffle your feet. You can learn to do the basic T-step, master the Running Man, or even bring these moves together. The shuffle is a classic move that requires you to have good coordination and nimble feet. If you know how to do it, you'll look like a pro on the dance floor in no time.

7

Drop that Nae Nae. This dance move requires you to bend your knees, move your arms up and down, and cross them behind you. Elements of this dance can be perfect for any hip hop beat.[\[7\]](#)

8

Do the Moonwalk. Michael Jackson would be proud if he saw you out on the dance floor, busting out his classic move in the middle of a song. All you have to do is master the footwork, making it look like you're moving forward when you're really moving backward. This classic dance move can be done in the middle of any song, even if you only do it for a few seconds.

9

Twerk. Don't be afraid to do this. Although many people are nervous to pull it off, through the years it has become a very universally used hip hop move. If Big Freedia can do it, so can you. All you've got to do is get comfortable, lean forward, and shake what you've got up and down. Shake from the hips, not the legs. If you really aren't comfortable, it's alright. Hip hop isn't just about twerking.[\[8\]](#)

10

Grind with a partner. Hip hop music is made for grinding. Don't be afraid to grab a partner, sync hips, and grind facing each other and away from each other. If you're not comfortable getting so cozy, you can still keep your distance and have a great time dancing to the music.

Part 3

Perfecting Your Moves

1

Watch and learn. MTV, YouTube, and the [internet](#) are all loaded with great music and videos from people of all skill levels. Whether the talent on those videos are world-class poppers or suburban housewives doesn't matter! What matters is that you watch their moves. Copy what you can, be inspired by what you can't.

- Watch a friend rehearse his or her routine, then practice his or her basic routine. Learn the same stunts and practice the whole routine over again adding the stunts. Then add your own style.

2

Take some lessons. If you've gone far enough on your own, and think you have it, get some lessons. Many dance or even yoga studios offer hip hop dance classes.

- Find an inspirational dancer in your neighborhood and ask if he or she gives lessons.
- Hip hop lessons are a great way to quickly improve as a dancer. Having someone give you personalized feedback on how you can improve is super valuable.[\[9\]](#)
- If you don't have the money to take hip hop classes, you can learn how to do hip hop through YouTube. This is a cheap way to take hip hop dance without paying for classes.
- Check at your local gym. Hip hop dancing is a great way to stay in shape, and it's fun, too.

3

Keep at it. Some people are born to dance. Some have to work at it. It doesn't matter what group you're in, what matters is that you work it, and you put yourself into it all the way.

- Practice on your own. Dance alone in a room where nobody one can see you, and where you won't worry about what others are thinking. Get your body comfortable with the beat. Just let your body flow to your own rhythm!

MACARENA DANCE

Learn the Macarena Step-by-Step

The Macarena is a 90s line dance performed to the song "Macarena" by Spanish pop duo Los Del Rio. Great for all ages, this dance craze is easy to do once you've got the basic moves down. Then, just turn up the music and start adding your personal style! Keep reading to learn this popular dance.

Things You Should Know

- Dance each step to the beat of the music. Move your arms one by one in front of you, to your shoulders, behind your head, and to your hips.
- Shake your hips as you hear the words "Hey Macarena!" Then, jump and turn 90 degrees to the left and repeat the dance from the top.
- To perform this dance in a chair or with less bouncing, nod your head instead of shaking your hips and clap your hands instead of jumping.

Part 1

Learning the Basic Steps

1

Follow the beat of the music. Most moves take up one beat in the song. [Count out the beat](#) and move your body step by step as the song plays.[\[1\]](#)

- As you learn the dance, start without music and go at your own pace. Once you get more familiar with the moves, try matching the beat of the song.

2

Bring your arms out in front of you one at a time. When introduction ends, lift your right arm straight out in front of you, then your left arm. Make sure your arms are parallel with the floor with your palms facing down.[\[2\]](#)

- In the most popular version of the song, the introduction lasts 16 counts. Listen for an “Ay!” Then, start moving your arms.
- Hold your arms in line with your shoulders.

3

Turn your palms upward one at a time. Turn your right palm up first, then turn your left palm up. Rotate your forearms outward to turn your palms up.[\[3\]](#)

4

Place your right hand on your left shoulder. Keep your elbow in place as you cross your forearm over your chest.[\[4\]](#)

5

Place your left hand on your right shoulder. Cross your left arm over your right arm to create an “X” shape over your chest. Now, both palms are on your shoulders.[\[5\]](#)

6

Put your hands on the back of your head one at a time. Bring one hand up and around to the back of your head. Then, put your other hand on the back of your head.[\[6\]](#)

7

Bring your hands down to the opposite hip one at a time. First bring your right hand down to your left hip. Then bring your left hand down to your right hip.[\[7\]](#)

8

Switch your hands to the other hip one at a time. Move your right hand (currently on your left hip) over to your right hip. Then move your left hand (currently on your right hip) over to your left hip.[\[8\]](#)

9

Shake your hips. As the song says, “Hey Macarena,” keep your hands on your hips as you rotate them. Your feet should stay planted on the ground.[\[9\]](#)

- Unlike other moves in this dance, this move takes up 4 beats rather than one. Keep performing this step as the singers hold out, “Hey Macarena.”

- If you have trouble moving your hips, nod your head to the beat of the music instead.

10

Jump and turn your body 90 degrees to the left. When you land, face the new direction. Each time you finish the basic dance sequence, jump and turn 90 degrees to the left.[\[10\]](#)

- If you're doing the dance in a chair, clap your hands once at this point in the sequence.[\[11\]](#)
- Another quirky move you can try is the "scuba dive." While pinching your nose with one hand, raise the opposite arm and bring it down, wiggling it like a snake.

11

Clap your hands and repeat the sequence. Run through the same steps, this time facing in a different direction. When you finish the step sequence again, jump and turn 90 degrees to the left.[\[12\]](#)

Part 2

Putting It All Together

1

Play the song "Macarena." The Macarena is always danced to "Macarena." The original song is by Los Del Rio, but you can dance to any version!

2

Move your hips from side to side. Let your shoulders move up and down as you do it. The goal is to loosen up your body. This isn't a part of the actual dance, but it will keep you from looking stiff and let you get used to the rhythm.[\[13\]](#)

- There's a brief intro to the song before the lyrics start. Use this time to start loosening up your body for the dance.

3

Start dancing when the introduction ends. Remember, you start by putting out your right arm, then left arm, with your palms facing down. Each step lasts 1 count, or about 1 second.[\[14\]](#)

4

Remember to turn 90 degrees after each step sequence. Be sure to turn on the jump after you rotate your hips. After you turn, clap your hands and repeat the step sequence.[\[15\]](#)

5

Keep dancing until the song is over. Run through the step sequence, jump and turn, and repeat! If you get tired of dancing before the songs over, just stop and exit the dance floor.



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GRADE 11

LIFE ORIENTATION

PET TASK 5

2024

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- All learners will do warm-up (check heart rates, clear the playing field of potential harmful objects, do warm-up activities)
- Instructions on **MACARENA** and **Hip-hop** will be explained by the teacher
- Groups will be formed. However, marks will be allocated for an individual attempt. Therefore, marks must not be shared.
- Physically challenged learners need to be allocated customised activities

PARTICIPATION

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- Shake your hips as you hear the words "Hey Macarena!" Then, jump and turn 90 degrees to the left and repeat the dance from the top.
- To perform this dance in a chair or with less bouncing, nod your head instead of shaking your hips and clap your hands instead of jumping.

Learning the Basic Steps

1

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- As you learn the dance, start without music and go at your own pace. Once you get more familiar with the moves, try matching the beat of the song.

2

Bring your arms out in front of you one at a time. When introduction ends, lift your right arm straight out in front of you, then your left arm. Make sure your arms are parallel with the floor with your palms facing down.[2]

- In the most popular version of the song, the introduction lasts 16 counts. Listen for an “Ay!” Then, start moving your arms.
- Hold your arms in line with your shoulders.

3

Turn your palms upward one at a time. Turn your right palm up first, then turn your left palm up. Rotate your forearms outward to turn your palms up.[3]

4

Place your right hand on your left shoulder. Keep your elbow in place as you cross your forearm over your chest.[4]

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Place your left hand on your right shoulder. Cross your left arm over your right arm to create an “X” shape over your chest. Now, both palms are on your shoulders.[\[5\]](#)

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Put your hands on the back of your head one at a time. Bring one hand up and around to the back of your head. Then, put your other hand on the back of your head.[\[6\]](#)

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Jump and turn your body 90 degrees to the left. When you land, face the new direction. Each time you finish the basic dance sequence, jump and turn 90 degrees to the left.^[10]

- If you're doing the dance in a chair, clap your hands once at this point in the sequence.^[11]
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Clap your hands and repeat the sequence. Run through the same steps, this time facing in a different direction. When you finish the step sequence again, jump and turn 90 degrees to the left.^[12]

Part 2

Putting It All Together

1

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