

Hip-Hip for L.I.F.E. Curriculum

GOALS:

- Promote positive behavior, PBIS
 - Reward students for positive choices
 - Deter violent behavior
 - Show students that positive choices lead to positive things
- Health
 - Increase cardiovascular health and muscle strength
 - Promote healthy lifestyle
 - Live a happier life, longer
- Improve social skills
 - Empower youth with skills and tools to navigate through obstacles
 - Give students new solutions instead of relying on old behaviors

METHODS:

- Promote positive behavior, PBIS
 - Students that have made positive behavior choices will be the only ones permitted to participate in the program.
 - The program will be fun and one of the few chances the students get to listen to music and dance. If they commit a violent act, they will be expelled from the program.
 - Students will make positive choices to get into the program.
- Health
 - Cardiovascular health and muscle strength will be improved with plyometric exercises.
 - Breakdancing is a series of moves put together with music, at it's core the moves are plyometric exercises.
 - A healthy lifestyle is promoted by making fitness fun. Introducing students to breakdancing will allow them to take ownership of their health and give them a fun way to stay healthy.
 - Students will live a longer and happier life if they exercise regularly. Exercising relieves stress, tension and lowers blood pressure, allowing students to be happier.

- Improve social skills
 - Each class will end with a social skills conversation, new ways to solve old problems.
 - Students will be introduced to peers who they would not normally interact with. This will allow them to have positive interactions with different social groups and hear different perspectives.

MATERIALS:

- Open space and closed toe shoes are the only materials needed for the program.
- Instrumental music will be played and provided by the instructor.

ASSESSMENT:

- Data pre-program and post program will be analyzed
 - If students non-compliance and number of rules violated decrease we will know that the program is working.
 - Data from students in the program will be analyzed to see if we are having a positive impact.
 - Data from whole site will be analyzed to see if the program has a ripple effect on the site.