

H.Y.P.E at Home



School



Self-guided Unit

PHE Curricular Competencies: Physical Literacy, Health and Active Living, Mental Well-being

Audience(s): Grades 4-7

Hyperlink: [H.Y.P.E. at Home](#)

Description

H.Y.P.E. at Home is an engaging and energizing unit students can complete independently. Through helpful videos, student learn hip hop moves and explore how physical movement affects both physical and emotional wellbeing. This curriculum is one of many Tools for Creating an Active Home available through [Open Phys Ed](#).

Objective(s)

This 2-week home journaling journey uses hip-hop dance to help elementary students explore self-expression, personal fitness and how to develop an optimistic-mindset.

Curricular Connections

This resource supports the following PHE Curricular Competencies:

- G 4-7 Describe and assess strategies for promoting mental well-being
- G 4-7 Participate daily in physical activity designed to enhance and maintain health components of fitness
- G 4-7 Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com

Resources mentioned in this document were created by [Hip Hop Public Health](#) and the [Online Physical Education Network \(OPEN Phys Ed\)](#)