

PROGRAM

Women in Hip-Hop

ARTIST NAME

B.flo-Girls



AVAILABLE FORMATS

- Performance
- Single Workshop
- Multi-Session
Residency Workshop

GRADE LEVELS

- Pre-K
- K – 2nd
- 3rd – 5th
- 6th – 8th
- 9th – 12th

MAX NUMBER OF PARTICIPANTS

In-Person: 20
Virtual: N/A

PROGRAM LENGTH

30-90 minutes

PROGRAM DESCRIPTION

B.flo-Girls, a collective with BGirl Resolve & DJ Lisa Lux, are proud to offer gender-inclusive workshops to share Hip Hop history, highlight influential women in Hip Hop Culture, teach the foundational elements of Breaking (breakdancing) and DJ'ing, and engage youth in discussions around expression & identity. Workshop content will be tailored to the age group of students. Students will learn about influential women from each element of Hip Hop Culture, learn breaking moves and DJ'ing techniques, and discuss gender issues in Hip Hop dance and music, and how they relate to students' broader experiences in society.

CURRICULUM STANDARDS

This program supports these NYS or Next Generation Learning Standards:

NYS Physical Education Standards: Dance, Movement and Rhythmic Activities NY.S1.2 K-8, HS Level 1&2
Music, Creating: Anchor standard 1, Generate and conceptualize artistic ideas

Contact Arts for Learning WNY for more information.
(716) 881-0917 | info@artsforlearningwny.org

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EDUCATIONAL OBJECTIVES

Explore the breaking and DJing elements of Hip Hop Culture.

- Learn and demonstrate movement skills, and participate in rhythmic activities in the discipline of breaking.
- Understand foundational elements of Hip Hop music including how to count beats and how to recognize musical patterns.
- Explore different forms of expression to bring forward their personality and identity.
- Discuss gender issues in Hip Hop dance and music, and how they relate to students' broader experiences in society

LOGISTICS/EQUIPMENT

Table, access to electric outlets and wifi, and a flat, smooth, clean surface of at least 10x20ft.

Space should be able to accommodate group size with everyone spread out..

VOCABULARY

Break: the part of a song where only the drums/beat plays and that DJs in early Hip Hop culture extended to enable dancers to further develop movements in breaking.

Bboy/Bgirl/Breaker: person who practices the dance of breaking.

Beat: Main accent or rhythmic unit in music or poetry.

Bar: one small segment of music that holds a number of beats.

POST-PROGRAM ACTIVITIES & RESOURCES

Dance circle where students come in one at a time & either freestyle or show moves they've learned.

- Learn more about women in Hip Hop culture, specifically DJs or Bgirls and research more about their significant contributions.



ARTIST BIO

After meeting in 2015 through Buffalo's Hip Hop scene, BGirl Resolve & DJ Lisa Lux developed a friendship alongside their crafts in two of the main elements of Hip Hop Culture, breaking and DJing. Having seen firsthand the treatment of female-identifying practitioners in their respective elements, they decided to found a collective called B.flo-Girls, dedicated to uplifting Women in Hip Hop. B.flo-Girls are now proud to offer programming to local youth and adults, sharing history, teaching foundations, and engaging groups in discussions around gender issues.

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