

# Hip Hop Freestyle Lesson Plan

**Artist Name:** Rahman Jamaal  
**Art Form:** Hip Hop Freestyle  
**Grade Level(s):** Middle School; High School

**Class Objective:** Students will gain an understanding of freestyle.

## LEVEL ONE

### Loosening Up

Ha Ha Cypher: Teaching artist plays instrumental or beat-box (Vocalizes beats) as students take turns in a circle saying the word "ha" in rhythmic fashion. During reflection either lead students to conclusion or inform them that rhythm is a language, i.e. African talking drum

Blah Blah Cypher: Students expand non-verbal vocabulary by using gibberish words in rhythm. Prompt students to explore vocal variations as they improvise.

My Name Is...: Students choose descriptive words starting with each letter of their name, such as RAHMAN - Respectable, Affectionate, Half-n-Half, Multi-talented, Artistic and Nice. Find words that rhyme (Respectable/Intellectual, Affectionate/Excellent, Half-n-Half/Love to Laugh, etc.)

## LEVEL TWO

### Telling a Story Cypher

Students are prompted to tell a simple true story with a beginning middle and end.  
Revision: Ask students to tell the same true story, adding a beat and rhythmic cadence, RHYMING NOT NECESSARY.

During reflection lead the students to the understanding of the value of oral traditions, as in African cultures.

## LEVEL THREE

### Reading Cypher

Students read from text, drawing from a range of reading material, while free styling to instrumental or beat-box rhythm. Practice left-brain activity (reading out loud) in a right brain context (listening to music or beat)

## LEVEL FOUR

### Freestyle Cypher

Students use skills built in cypher exercises above to practicing telling their own stories in rhyme.