

Welcome to Dance, Arts Integration Teachers

Why dance?

For kids, creative movement supports the development of the whole child, fostering expression, collaboration and creativity while developing fundamental aspects of physical literacy.



Dance encourages kids to work from their own experiences and abilities, communicating thoughts, emotions, and ideas through movement.

Dance can support you in:

- Exploring ideas through the creative process
- Using movement to tell stories
- Building self-confidence and communicating identity
- Collaborating and working with a group
- Learning and practicing the elements of dance
- Facilitating cross-curricular and integrated learning

Hints for AITs starting the Dance Lessons in ArtsAround:

- Make sure that your students have water bottles in each class.
- Running shoes or dance slippers are needed for each dance class. Stocking feet can be dangerous!
- Within each class, there will naturally be a few students (either from taking lessons or just loving to move) who can take on the role of Dance Captains.
- In the New Year, you will hear more about how ArtsAround supports the Canadian National Ballet through an educational program to get kids moving. At that time, you will be choosing **Student Dance Coaches** to help all students, in every class (DPA) learn a choreographed routine, along with every school across Canada who chooses to participate.
- Remember you can have two left feet and still run a fun, active, engaging dance program. Many kids are resistant and very self-conscious of their bodies and abilities. If you can stand before them and show them that you can try, and at times are not very successful, this will help them to relax into the enjoyment of being active. Although you are not expected to dance every warmup, you cannot sit down and just call out instructions. Do what you can where you can. Be involved and they will too! Most of all, have fun!

Take more chances, dance more dances!