

5 Ways to Teach Dance for Kids: A Guide for Parents and Educators



Ways To Teach Dance For Kids: Comprehensive Guide Touches On A Wide Assortment Of Dance Disciplines: Dance Steps For Kids by Alwin Nikolais

★★★★★ 5 out of 5

Language : English
File size : 15307 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 221 pages
Lending : Enabled



Dance is an art form that provides children with numerous physical, cognitive, and social benefits. It helps improve their coordination, flexibility, and balance while fostering creativity, self-expression, and teamwork. Whether you're a parent or an educator, teaching dance to kids can be a rewarding experience. Here are five effective ways to engage and teach children the art of dance:

1. Creative Movement

For young children and beginners, creative movement is an excellent way to introduce them to dance. This method encourages children to explore their own natural movements and express themselves through dance. You can provide simple prompts such as "move like a tree swaying in the wind"

or "pretend to be a hopping bunny." Allow them to experiment with different body parts and movements, fostering their imagination and creativity.



2. Structured Classes

As children get older and develop their motor skills, structured dance classes can provide a more focused and progressive approach to teaching dance. These classes typically follow a curriculum designed to teach specific dance techniques and styles, such as ballet, jazz, or hip-hop. Structured classes help children learn proper body alignment, coordination, and technique while developing their confidence and discipline.



Structured dance classes provide a focused and progressive approach to teaching dance techniques and styles.

3. Dance Games

Incorporating dance games into your lessons can make learning dance fun and engaging for children. Games like "Dance Charades" or "Musical

Statues" encourage children to move their bodies, follow instructions, and interact with each other. They also provide opportunities for creativity and laughter, making dance lessons more enjoyable.



4. Dance Lesson Plans

Well-structured dance lesson plans are essential for effective teaching. They provide a clear outline of the lesson, including warm-up activities, dance exercises, and a . Lesson plans help you stay organized, ensure a logical progression of skills, and cater to the needs and abilities of your students. You can find pre-made lesson plans online or create your own based on your curriculum and students' interests.

DANCE LESSON PLAN:

Warm-Up • Demonstration • We Do • You Do Together • You Do Alone • Reflection

Teacher Name: Renak	
Subject and Grade Level:	7 th Grade DANCE
Lesson Focus:	Jazz Dance 3- Bob Fosse
NCSCOS Objectives:	7-CP-2.1, 7-CP-2.2, 7-DM-1.1, 7-DM-1.3, 7-R-1
Students Friendly Objective:	Today we will embody the movement style of choreographer Bob Fosse and apply the choreographic form Accumulation.
Materials Needed:	Vocals, student journals, Projector, Etc

Warm-Up:
How will you engage students in the lesson and activity?
How will you communicate what is important about the lesson?

Journal #9
CHOREOGRAPHER OF THE DAY: Bob Fosse
*Read the section on Bob Fosse and write 4-5 interesting facts about Bob Fosse. These must be complete sentences.

Demonstration:
What will you emphasize the objective to the students?
Bob Fosse Youtube Clips:
Real world connection- Bob Fosse movement used by Beyonce in the single ladies Video
<http://www.youtube.com/watch?v=tumWz7o7k8f&feature=related>
Bob Fosse-Damn Yankees Routine-Musical about the NY Yankees
<http://www.youtube.com/watch?v=qE5L3F02s>

We Do
What are you going to model for students?
What will students be able to do as a class?
-Dance Warm Up
-Facilitate class practice and exploration of teacher directed movement.
-Review all technique movements from last class.

You Do Together:
What are the students going to do as a class or in a pair or small group?
-Students will learn the Bob Fosse routine from the Musical Damn Yankees. A musical comedy about the NY Yankees Baseball team and their success.

ROUTINE
-On the ground, hit your glove/unt with hand X2
-on count 3 put hands on floor,
-on count 4, stand up
-Throw baseball 5, 6, 7, 8
-ball change 1, 2
-Rock step forward with R leg and R arm bent as it swings forward 3, 4
-jump and R knee up 5, 6
-ball change 7, 8
-L leg straight and crosses R leg lifted on 1, 2
-R leg jumps over it 3, 4

Well-structured dance lesson plans ensure a logical progression of skills and cater to the needs of students.

5. Different Dance Styles

Expose children to different dance styles to foster their appreciation for the diversity of dance. From classical ballet to energetic hip-hop, each style

has its unique techniques, movements, and cultural significance. Introducing children to various dance styles helps them develop a broader understanding of the art form and encourages them to explore their preferences.

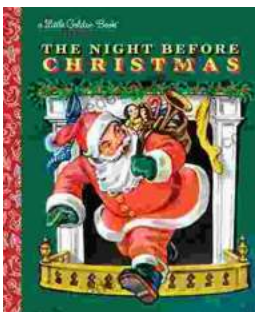


Teaching dance for kids is a rewarding experience that can nurture their physical, cognitive, and social development. By incorporating creative movement, structured classes, dance games, lesson plans, and exposing them to different dance styles, you can engage children in the art of dance and foster their love for this expressive and enjoyable activity.

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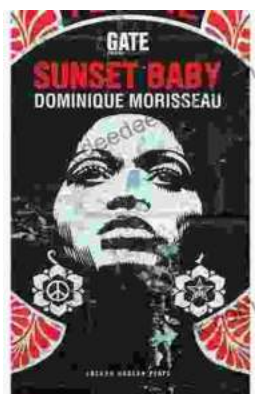


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