

# Creative DANCE



## What is Creative Dance Class ?

Creative dance class introduces students to use their imaginations and create their own dance movements, guided by dance instructor through creative games, exploring the elements of dance, such as direction, Level, Space, Speed, Rhythm, Energy, Weight, Shapes, Relationships etc. students not only able to learn the fundamental dance basics and also learn to improv and work with others. Improving motor skills, discovering themselves, self-expression, imagination and confidence. Gaining physical strength, flexibility, developing good posture, balance, coordination, spatial awareness. Learning to respect others and social development.

### 创意舞蹈课

老师扮演引导的角色让学生发挥想象力，创造自己的舞蹈动作。在舞蹈老师的指导下通过有趣的游戏活动，带领学生探索舞蹈的组成元素，如方向、空间级别、速度、节奏、能量、重量、形状、关系等。课堂上学生不仅可以学习基础舞蹈知识，还可以体验即兴表演、锻炼与他人的合作精神。提高运动技能，发现自我，勇敢的表现自己，提高想象力与自信心。增强体能、身体软度与灵活性，锻炼良好的舞姿体态、平衡感、身体协调性、空间意识。培养尊重他人、认知以及社会参与能力。

