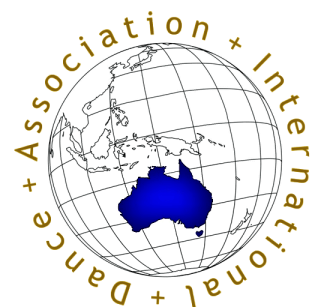


School Education Dance Program



A term based development program to build social awareness, confidence and self-esteem for pre-primary, primary and secondary grade children through the practice of social dance as a vehicle to change the lives of not only the children who participate in the program, but also the lives of teachers and parents who support these children.



Association of International Dance (Inc')
(Member of the International Dance Council)

Dear Parents, School Administrators and Dance Enthusiasts

On behalf of our Association, I am pleased to announce the availability of a partner dance program (Activ8Dance) for children and young people in primary, middle and high school.



We are a not-for-profit Association, committed to promoting an environment where all individuals are encouraged to achieve their full potential and develop their skills.

One of the key goals of our Association, is to make Ballroom, Latin, Club and Australian New Vogue styles of dancing and DanceSport available to people of all ages.

The Activ8Dance Program encompasses Ballroom dances like Waltz, Quickstep and Foxtrot; Latin dances like Cha-Cha, Rumba and Jive; Club dances like the Argentine Tango, Salsa and Bachata; and a selection of popular Australian New Vogue dances.

A syllabus listing of dance styles and dances that may be selected by the students, parents and teaching staff for inclusion in the program is included for reference and is available on our website for download at: <https://idance.org.au/>

At a time when a growing number of children are obese and some schools are dealing with truancy and other behavioural problems, providing a healthy physical outlet for children and young people is more important than ever.

Partner dancing teaches balance and poise, as well as encouraging good grooming, courtesy and respect to one's partner.

It gets people up and joyously moving to an exciting beat or a lilting melody, thereby providing an excellent source of exercise.

We believe that a dance program in your school may be the key to guiding students toward a happier and healthier life style.

The following information will provide you with a greater understanding of what we can offer your children and students.

Please feel free to direct any questions you may have to:
James Elders at secretary@idance.org.au or contact him on 0435 991 181

We look forward to working with you.

A handwritten signature in black ink, appearing to read 'Juan Rando'.

Juan Rando | President

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THE ACTIV8DANCE (SCHOOL) PROGRAM

The Activ8Dance (School) Program is not about teaching ballroom dancing!

The dance is a tool for getting the children to break down social barriers, learn about honour, respect and social awareness, treat others carefully, improve self-confidence, communicate and cooperate, build confidence, self-esteem and accept others even if they are different.

The Activ8Dance Program is a term based social development program for pre-primary, primary and secondary grade children that utilizes ballroom dancing as a vehicle to change the lives of not only the children who participate in the program, but also the lives of the teachers and parents who support these children.

Students are taught the vocabulary of various contemporary social dances in a classroom setting, with each class in the series introducing new steps and reinforcing what has been previously learned through practice and repetition.



The teaching philosophy is one of inside out, versus outside in.

The program is not just about teaching dance, it's about teaching pride, confidence and respect, as we take the dance that is inherent in students' bodies and help them to bring it out, not force it in, thereby enabling students to increase their self-esteem as they learn.



While the Activ8Dance Program is an effective program for teaching social dance, the program will be designed to provide many other benefits.

The program is about creating an atmosphere which allows students who are typically introverted and reserved, to step out and shine.

The Activ8Dance Program is a school term session program using a foundation of 8 dances applied to the applicable grade classes with one 45-50 minute session a week.

It has been designed to be implemented on-site, either during the school day as part of the school curriculum, or as an after-school program in participating schools.

The Activ8Dance (School) Program uses a curriculum-based teaching approach to achieve social awareness and build self-esteem.

It focuses physical energies and increases health through the joy of movement while building self-esteem and interactive social skills, as it improves confidence and children's ability to relate to others.

THE METHODOLOGY

Respect & Compassion: At the very core of the Activ8Dance School Program is the essential respect that goes into the development of being a young adult. The Activ8Dance School Program is a program that demands that children not only treat others with respect but also respect themselves.

Coupled with respect is compassion. Our trained and qualified teaching professional members can walk into a classroom full of children who struggle to believe in themselves, open their arms and hearts to them, and then guide them gently along a journey that leads these young people to joy and accomplishment.

Being Present: Children are extremely aware of when the adult in charge (parent, teacher, coach) is not really there; and when a child senses that distance, woe be unto that adult.

The teaching professional's ability to "be here now" enables them to observe every nuance of individual and group behaviour.

They can see when a child is nervous, not paying attention, when the group is becoming antsy, and can respond to those issues immediately, thus keeping the classroom experience flowing. Being present also allows them to express their own positive emotions towards the children at precisely the moment the children need that affirmation.

Creating a Safe Place: Asking children to take the extraordinary risk of embarrassing themselves in front of their peers is precisely what the Activ8Dance School Program does and the only reason that the children are willing to take this risk is because our Professionals have perfected a way to make that experience safe.

An Activ8Dance School Program class is a place in which everyone is equal: the students, the teaching artist, and the school staff that are participating; an environment so different from these children's normal daily environment that simply being in that room and being part of that collective group experience changes that child.

Command & Control: Clearly, if you are going to move 25/30 children through 45-minute classes and have them successfully learn up to 8 dances, you need order and discipline and our member professionals are in command of the class from the moment they begin until the moment the children leave the room.

An essential part of the Activ8Dance School Program methodology is developing the craft of managing the group, as generally, when teachers are taught how to work with children, their training is usually focused on individual child development and rarely, are student teachers taught about group dynamics and how to manage a group of children.

Language: Body and verbal language are the great connectors in the Activ8Dance School Program and the teaching professional's entire physical affect is one of openness, warmth, and genuine affection for the children.

Their verbal repertoire is a consistent barrage of positive comments and the combination of body and verbal language used, is a force the children simply cannot resist.

Humour & Joy: Gentle humour can help a shy child become less self-conscious; humour with that same child handled poorly can make them retreat and never come back.

The children can sense that the teaching professionals are just happy to be with them and, being in such a safe place, where the boundaries are clear, where respect and compassion reign - these are the elements that bring joy into the lives of the children.

CLASS PROCESS & OUTCOMES

Process and Goals

1. SMART Planning: Encourage students to set specific, measurable, age-appropriate, realistic and time targeted goals
2. Decision-Making by Objective: Provide variety in decision-making aspects of the class and identify the objectives to be met by each task
3. Optimizing the Self Within Community: Recognize individual differences and optimize individual potential; encourage students to work in collaboration with peers
4. Ritualizing Respect: Foster an environment of mutual, and reciprocal self-respect in and out of the classroom

Influences Affecting the Dance Student

1. Nurturing the Learner: Provide positive reinforcement and constructive criticism in such ways that the student can develop skills mastery and comprehension of principles
2. Creating Fun and Challenges for All: Foster an enjoyable, challenging atmosphere for learning and experience
3. Empowering the Self: Recognize and positively reinforce the student for personal qualities and contributions to the class; empower students to feel good about their bodies and their self-development
4. Focusing on the Task: Encourage students to focus on the task at hand, and not the outcome or social or inter-personal comparisons
5. Thinking about Learning: Provide opportunities for students to explore personal metacognitive strategies ('How do I learn?' activities and discussion)

Structure and Content of the Class

1. Building Foundations: Build foundations of domain specific knowledge in progressive sequence and with complementary background information
2. Mixing and Matching: Provide opportunities to learn or process information in various ways across learning tasks and situations, including physical and analytic strategies and contextual variety
3. Developing Body Awareness: Provide physical experiences, information and opportunities
4. Enhancing Body Image: Provide opportunities to discuss and reinforce healthy body image and supportive strategies in terms of nutrition and conditioning
5. Embracing the Safe and Sound: Ensure safe practices are established and based on sound scientific, medical and/or empirical evidence regarding alignment work and the prevention and management of injuries
6. Creating Enlightened Practice: Provide constructive feedback and incorporate appropriate repetition

The dance teachers endeavour to enhance the learning environment for skills mastery with the enhancement of self-esteem and self-efficacy.

Self-esteem is an individuals feelings of worth or value.

Self-efficacy is an individuals belief that she or he can perform a specific task successfully and is one of the best predictors of successful achievement.

They promote these positive psychological qualities by:

1. Clarifying the process and goals of the class
2. Discussing various influences that affect the dancer's progress, and
3. Clearly defining the class structure and content.

10 Benefits of Dance Classes for Children

For any parent, one of the primary concerns you might have will tend to revolve around your children's fitness and while today we are more than happy to give our children access to technology early in life, it can lead to certain negative habits and traits.

For example, many people will spend their time entertaining themselves in a virtual world, rather than getting to enjoy all of the many things that exist for us in the real world.

To help change this around, we need to have good, effective reasons to make sure that our children are ready to adapt and, one of the best ways to get any child onboard, is to make sure they can see the fun in an activity!

What though, are the primary benefits from dance lessons?

To help you make your point and get your child interested, here are some useful benefits from dance lessons that your child will *actively* gain.

1. Gain Greater Self-Confidence

As a child, confidence is a funny thing. We can feel invincible...until someone shoots us down.

Dancing is a common part of any kind of social activity today and with our program, your child will feel far more at home in their own skin, improving their self-belief and confidence as they continue to improve over time.

2. Build Social Strength

Another significant benefit of learning how to dance is that it allows your child to become more comfortable socially.

It might be tough at first but, once they get some positive encouragement and a semblance of a routine down with a partner, they will begin to feel the confidence flow through their veins.

The perfect choice for improving the speed of thought of your child in social scenarios, while helping them become more confident around new situations and people generally.

3. Increase Fitness & Activity

As initially mentioned, this makes a fun way to get your child fit without them even knowing it. It keeps them active and engaged and ensures that they are going to be getting fit and into the finest shape possible.

Dancing from an early age is a fun activity but they will feel the physical improvement within themselves: this is why actively promoting dancing is so useful for setting a precedent about the importance of fitness.

4. Build Stronger Teamwork

Any good dance sequence requires repetition and an understanding of your partner's movements. With the help of this teamwork, your child will be far more likely to understand the importance of working as a team together.

Teamwork is vital to making anything work in later life, so this early life lesson can be hugely beneficial long-term.

5. Improve Listening & Discipline

Your child will get a huge amount out of taking on dance lessons purely from the discipline point of view, as well.

This makes them more inclined to listen to instructions, to not always expect their own way and to be as courteous as they possibly can along the way.



6. Improved Posture & Range of Motion

Another key element of dancing is that it helps to improve posture.

You need good form to be a strong dancer, so dancing lessons can help to improve how your child not only dances but how they walk, run, sit and move in general.

7. Dancing Promotes Growth

Regular exercise and movement promote a positive level of growth and in a child's body, development is constant.

Dancing helps to promote positive, natural and healthy body growth.

8. Perseverance & Improved Learning Skill

There is no doubt that even with the finest tutors, learning how to dance takes a lot of work; from learning how to 'body pop' in a Hip-Hop routine to mastering classic Ballroom and Latin-American styles, they all take time.

By undergoing lessons, your child learns the vital dynamic of persevering until they succeed.

9. Finding Dance Form

For any child having general dance lessons or who wants to perhaps take their dancing to a competitive level, finding 'form' early is vital.

Early years of dancing lessons can instill a sense of performance and the desire to get it right; meaning that your child becomes familiar with repetition and increases awareness of their body movements.

10. Increase Enjoyment & Fun

Most importantly, is the happiness your child will feel!

They are in a learning environment that is fun, not frantic and with people who are just like them... starting off, curious to learn and, in the right environment, it can be the most enjoyable time of the week for a child that takes to the challenge of dancing.

As you can see, the benefits of dance lessons for children are very diverse.


The professional teachers engaged in the Activ8Dance Programs provide a wealth of dance experience and skills, specific to student learning and enjoyment.



They make the discipline that is needed to be good at dancing subconscious while wrapping it all up in a fun package that will get your children dancing in no time at all.

If you are interested in making your child more active and physically fit at the same time, consider enrolling your child in the next available term session.

Please contact your school liaison or teacher for an enrolment application or to express your interest.

Happy Dancing... 



iDance.org.au
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