



Dance in Schools Program

Creativity | Fitness | Learning

Program Overview

Cost - \$15 per person, per class

Class Size - Minimum of 10, Maximum of 25 (More than 25, a second teacher is required.)

Class Length - 45 - 60 min

Course Structure - Flexible to meet students'/schools' needs, run on a 10 week term basis

Purpose

San Jose Dance Theatre has an active approach for engaging youth through our education programs and productions throughout the local community. Our organization strongly believes that by doing so, San Jose Dance Theatre not only builds artistic participation but overall contributes to the growth of the dance industry in San Jose. Dance Theatre's long term vision sees the organization become an active key figure within San Jose's arts community and one that works alongside other art forms to create an enriched community. Our Dance In Schools Program focuses on four major processes; active participation, creativity, fitness and advanced learning skills. Strategies are regularly evaluated to ensure maximum exposure is achieved and that students' needs are met.

Active Participation

Many of our programs provide opportunities for active participation by local community members. The ability for community groups and schools to participate provides the opportunity to not only enrich cultural experiences for San Jose but also build potential audiences for classical arts. A number of these experiences are utilized commonly within the industry, though we encourage our staff to establish creative offerings for schools. Currently we are utilizing the following experiences with the communities:

- Tumbling Tots classes
- Ballet and Dance Play workshops
- Workshop classes with youth & school engagements
- Nutcracker Workshops

An additional benefit of these programs is the ability for our teachers and performing artists to build their own personal skills. By working with various communities outside a standard performance or class setting,

Creativity

Creative movement is a powerful imaginative tool that we use to help children explore, develop a positive image of themselves and build healthy self-identities. It also serves as a way for the young students to work on their self-awareness and self-esteem while being physically active. Creativity is not defined by right or wrong, when children are engaged in creative movement. It creates a safe environment for children to explore outside of their comfort zones.

Creative movements require the body, emotions and mind to work in sync. The movements are coordinated with what the child is trying to express. This process exercise the brain as it works out the complexity of combining both the dexterity and the emotive language.

Benefits of creative movement

Body awareness - body control, balance, stamina, and overall strength.

Spatial awareness.

Self-confidence.

Concentration - focus of mind and body.

Cooperation and Collaboration.

Problem solving.

Imagination.

Fitness

Dance is a series of support skills and fitness options that enhance every other activity a person does. Spatial awareness and movement development are necessary in every sport a young child will participate in. Rhythm and timing are essential in most activities, and cardio-respiratory endurance and flexibility are important for maintaining fitness, improving performance, and injury prevention.

Beyond the physical advantages, dance provides social opportunities for students to work together in a non-competitive environment.

*It's fun and feels good to move
freely, jumping and spinning, leaping and dancing!!*

Advanced Learning Skills

Dance integrates kinesthetic learning with understanding. Children are only starting to learn how to conceptualize abstract processes and learn primarily through physical and sensory experiences. When children partake in creative movement that involves the selection of movement choices, they learn to think in the concrete reality of movement. Learning the art of dance helps young children develop knowledge, skill, and understanding.

Dance helps children develop literacy. To the young child, verbal language and movement are entwined. Pre-verbal movement expression does not cease when a child develops language. The road to literacy involves the translation of movement expression and communication into words. Learning language and learning dance are not separate threads, but are woven together and incorporated into a fabric of communication and understanding.

Dance is "a foundation of experience necessary for the future development of more advanced skills and a way to affirm an inner life and alternate realities" (Stinson, 1990).

In The Program

Tumbling Tots

This established program is a wonderful introduction to the movement, and entices young boys as well as girls to become familiar with dance.

Tumbling Tots is a 45 minute class designed for 3-5 year olds. It introduces the movement principles needed to study ballet, gymnastics, or any sport. The class is designed to give each child physical confidence to learn, to follow movement instructions and to increase their strength, flexibility, balance and coordination. We work individually with each child, and tailor the work to each child's ability. There is no pressure for children to perform or compete; each child progresses at their own pace, achieving their own milestones.

For many children, this is their first class outside the home. We teach classroom standards to prepare children for kindergarten: entering the studio and storing shoes, taking roll call, sitting quietly, taking turns, putting on shoes themselves at the end.

This program has been offered at many schools and has always been a hit! When numbers increase we are able to split the class into two 45-minute classes: 3-4 years and 4-5 years. Children under 3 will not be admitted except in rare cases with permission from the instructor.

Progressions: Examples of Exercises at Each Station

The warm up is done as a group. Following this, students work individually with the teacher's guidance for the remainder of the class, allowing work to be tailored to the students' needs. Exercises progressively increases in complexity down the list. It may take two or more semesters for older students to progress to the most complex exercises. Exercises may be strung together to create routines.



Warm Up

Age-appropriate action songs, stretches, strengthening and balancing exercises. For example:

Stretch up high, touch our toes, give each knee a kiss.
Sit in a butterfly and try to touch head to feet, stretching in second position, flex and point feet

Lie on tummies, push up, arching back like a cobra and hiss.

Pussy cat on hands and knees, arching and rounding the back and meow.

Crab and bridge positions.

Forward splits.

Standing, turned out and parallel, and balances on one leg.

Mat work

Mat work teaches tumbling skills. The mats encompass all skill areas: form and control, coordination and balance, strength, stretch and alignment.

Forward roll with a gymnastic finish.

3 forward rolls (emphasis on child counting each one)

Straddle roll

Wheelbarrow

Backward roll

Hand stand

Cartwheels

Head stand

Trampoline

Trampoline teaches coordination. Where most children begin by doing big, out-of-control jumps holding the teacher's hands, they learn to control their strength here. Coordination and counting/rhythm is also learnt in the course of these exercises. Pointing the feet in preparation for ballet jumps is encouraged.

Jumping (2 legs) without holding

Jogging on the spot

Jumping out and in, no arms and with arms

Hopping on one leg, strides, twisting jumps

Tuck jumps & pikes

Turning jumps

Jumps from 1 leg to 2 legs to 1 leg

Balance Beam

The beam is where students work on balance, developing strength in the feet and legs. On this equipment, form and control are important.

Forward walks

Tiptoe walks

Step kicks

Toe to knee walks (parallel passe)

Turn on 2 feet in releve or squat turns

Balances

Backward walks

Sideways walks (side and together)

Dip walks, progressing to backward dip walks.

End with a jump down progressing to side or back dismount, and a finish.

Parallel Bars

The parallel bars provide a chance to develop trust between teacher and child, and for the child to learn to trust his or her own strength. Great for arm and abdominal strength!

Hanging and swinging from 2 hands

Mounting the bar with a jump

Swing the legs up, hook knees over the barre, hang upside down

Arm supports, pull-ups

Sitting on the barre

Forward somersault on the barre

From sitting position, roll backwards

Tunnel

A sticker for each child, and a chance to congratulate each child individually and say good bye!



Ballet and Dance Play

Is designed for 5-9 year old and incorporates a one hour class. This program is designed to provide all four elements of the Dance in School Program. The program follows a basic dance class structure and prepares students for progression in classical and other forms of dance. Below is the class structure and activities that are incorporated within the program.

Class Introduction

Ask each girl to say her name, age, pick 1 or 2 (favorite animal, color, dance movement, summer thing to do etc) (it can take up to 8 min)

Core Activities

Row the boat either in pike/straddle

Cross the floor 1 by 1 (walk on relevés forward and backwards, chase, skipping, step arabesque ,polonaise, waltz etc (10 min, max 4 things)

Games Freeze dance, up and down, follow the leader (5 min)

Dance as characters eg. butterfly wings, leap frog

Musicality games Clapping to music that changes tempo

Story Time The teacher creates a story with movements, and students follow

Cool down stretching including reverence all together (bow and curtsy)

Popular games

Freeze Dance

This is a very popular activity for children of all ages. Play music and have them move around the room however they wish. When the music stops, they freeze.

Once they have accomplished this, have them move like different animals, in different heights and pathways.

Dancing with Scarves

Play music of different beats and tempos that might provoke a certain emotion.

Give the children some scarves, or even just scraps of fabric. Let them dance to the music. Encourage them to explore the material and use it to dance in as many ways as they can.

Pass the Ball

Pretend to hold on to a ball of your choice and describe it. Using your imagination, you are going to pass the ball around. Increase the challenge by giving more unique features to your ball. For example, "It is made out of glass. How will we then pass the ball? How is it different from the basketball?

Nutcracker Workshops

Since 1966 San Jose Dance Theatre's Mission has been to foster the art of dance for the youth of Silicon Valley through our annual production of "The Nutcracker."

In addition to including ballet education for all attendees, during the performance intermission we also offer a limited number of on-site Nutcracker education assemblies to local schools. This Nutcracker education assembly lasts approximately 30 minutes. It covers the history of the music and performance of Tchaikovsky's Nutcracker score from 1890s Russia to the United States today; demonstrates the basic technique of ballet steps and story-telling pantomime with student participation; describes the costuming, props and stagecraft required for a large stage production.

Your students will leave prepared to view the show with a better knowledge of the theater, ballet art and the general story of the performance.

For more information on these please contact us at godance@sjdt.org.

Workshop classes with youth & school engagements

Our workshop and school engagement program is designed for students with interest in studying dance at a higher level. The program caters to youth aged 10 - 18 and can be tailored to individual schools' needs.

The program is ideal for supporting arts based educational outcomes and works most effectively as an added extra to a school's performing arts curriculum.

Whether you are putting on a musical, dance concert or variety show, this program supports the technical challenges and creative development needed for these projects.

Below are examples of programs we are able to tailor:

- Classical Dance classes of all levels
- Contemporary and Modern classes of all levels
- Choreographic workshops for all ages
- Tumbling workshops
- Movement workshops



San José DANCE THEATRE

For more information Contact
godance@sjdt.org