

Benefits of Dance

Dance promotes positive mental health, presenting challenges and pushing students outside of their comfort zone, teaching social skills and values that promotes resilience and respect. Each lesson focuses on one WA Curriculum General Capability encouraging holistic development.

- Literacy- Oral language skills are developed through instructions and descriptions of dances and students' engagement with their peers.
- Numeracy- Dance promotes a natural understanding of patterns and counting to create and participate in dances
- ICT- Music and online dance videos promote the use of ICT in everyday situations
- Creative and Critical Thinking- Students view, learn, create and respond to a variety of dance styles.
- Personal and Social Capabilities- Students learn to understand themselves and other by developing relationships and empathy for others.
- Ethical Understandings- Students evaluate and respond to each other in appropriate ways
- Intercultural Understandings- Dances for variety of cultures are promoted.

Dancing has many benefits that support the personal growth of individuals. Social dance promotes healthy lifestyles through physical activity, developing gross motor skills, coordination, balance and rhythm, all skills outlined in the WA Health and Physical Education Curriculum. Students also have opportunities to practice leadership and team work skills, persistence, deportment and discipline in dance, all skills essential for life outside of school.

Social skills, manners and respect are explicitly taught through dance, ensuring participants communicate effectively with their peers, promoting safe physical touch and assertiveness, as a part of the Protective Behaviours Curriculum.

Dancing is a lifetime activity, used in many different ways, from fun dancing with friends or as a career path. Promoting the WA Arts Curriculum:

Dance knowledge and skills ensure that, individually and collaboratively, students:

- *develop confidence to become innovative and creative dancers to communicate meaning through body awareness, technical dance skills and performance skills*
- *apply the elements of dance and choreographic skills through group processes to create dance that communicates meaning to an audience*
- *develop aesthetic, artistic and cultural appreciation of dance in past and contemporary contexts as choreographers, performers and audience members*
- *develop respect for, and knowledge of, the diverse purposes, traditions, histories and cultures of dance by making and responding as active participants and informed audiences.*

(Source: <https://k10outline.scsa.wa.edu.au>)