



What is Creative Dance?

Creative dance is an art form that looks at the human body in motion. Whilst investigating the many areas the body can move, the emphasis is to discover artistic expression through the mastery of movement. Creative dance focuses on the basic concepts or elements of dance. These elements of dance are; space, time, force, the body, movement and form.

Each lesson plan is designed to introduce one element at a time to the students. For example, one lesson plan will look at Space / Place, whilst the following lesson will look at Space / Size. Each lesson format is structured to begin with a warm up, exploration of the concept, developing skills, Creating (improvisation/choreography) and Cooling down / relaxation. From week to week, students gain new skills further understandings their knowledge of dance. Eventually they are able to create their own dances and enjoy dance for a lifetime.

What are the Benefits of Creative Dance?

Creative dance has enormous benefits to help improve cognitive outcomes, effective outcomes, physical outcomes and Social outcomes.

Cognitive Outcomes

- Children develop their problem solving skills when they learn to solve movement problems both simple and complex.
- Children sharpen their listening and observation skills when they follow directions and make informal judgements regarding choreography and performance.
- Children expand their creative skills through improvisation and choreography.
- As children increase their knowledge of the principles of dance, their understanding and vocabulary of dance grows.

Affective Outcomes

Children become more in tuned to their inner self as they learn to express their feelings and emotions through dance. They learn to distinguish contrasting movement patterns that help to define their feelings.

- Children learn how to verbally express their feelings towards their own and other people's dances, helping them to put feelings into words.
- Creative dance is a positive and non-competitive dance form. This gives children the comfort to express themselves freely increasing their self-esteem.
- As children are developing skills and creating their own dances, they are earning to take risks and build their self-discipline skills.
- Children learn to trust others through activities that engage weight sharing, partnering and group cooperation.

Physical Outcomes

- Health risks are mineralized through regular movement and exercise. Creative dance increases physical strength, flexibility, stamina and agility. Children's stress levels reduce through positive physical activities.
- Children gain body awareness, control, balance and coordination.

Social Outcomes

- Through partner work and group work, children learn leadership skills as well as learning to cooperate with others.
- As children share ideas and space with each other, they learn the value of individual differences. Creating strong friendships through positive physical contact and creative exploration.