



Creative Dance Curriculum

Creative Dance is barefoot dancing designed with the child as the Artist. It validates children's age appropriate interests, physical, social, emotional development and cultivates growth in a loving dance environment. Choice making is valued and encouraged throughout the process. Variety of body types, interests, genders and strengths make our class successful and enriching.

Creative dance uses, songs, rhymes, books, props and imagery to support developmentally appropriate movement of dancers. While we work on strengthening, stretching, balance and other specific dance skills and steps we are also cultivating the dancer's individual artistry, choreography, leadership and cooperation skills. Dancers are practicing and developing life skills in a safe and nurturing environment, and having lots of fun too.

The class will develop and build throughout the year (see calendar below) we will be able to showcase our progression mid-year in an in-class sharing for close guests in December and once again in a formal performance for a bigger audience at the end of the year in May. The students are part of the creative process so they not only will showcase their physical movement and performance skills but they will also have the privilege of creating and presenting their own movement for the audience.

Each weekly class will consist of the following:

- Warm-up: Engaging the brain and body in movement, welcoming dancers to move and be together.
- Circle Technique: Standing and sitting technique. Focusing on stretching, strengthening, and training the body to move properly, gaining the tools to create.
- Locomotor: Moving across the floor and throughout the general space. Learning to navigate themselves, with other movers developing spatial awareness working on steps and skills, and connecting locomotor steps together.
- Creative: Choice making, collaborative choreography, improvisation, sharing movement with others and observation. Often we use books, images, props and other inspiration to find movement vocabulary to explore and create.

- “Signature Dance out the door”: Every dancer has a unique voice and every week they get to dance out the door their own way and share their “signature” of movement. A moment for them alone to move and share with their peers and me. (one of my favorite moments!)

*Developmental life skills especially we work in with this age (3-6 year olds) are: 2-3 step instructions, lining up, following directions, staying in personal space, waiting your turn, working with another person, knowing when to use your voice, learning to describe experiences and expanding vocabulary

*Developmental life skills especially we work in with this age (7-11 year olds) are: multiple step instructions, negotiating personal space in a group, observing and responding to movement, team work skills, yielding and leading, awareness of others, knowing when to use your voice, learning to describe experiences and expanding vocabulary words, individual worth and personal value.

Monthly Focus

These are the main concepts that will be covered each month. Specific skills fit alongside these broader concepts. We work on these skills in various ways in class and will explore these through books, seasonal themed activities, songs, props and in many more ways.

August and September: Contrasting Movement and Body Awareness: Stop and go, fast and slow, big and little.

October: Spatial Awareness: Floor and Air Pathways, Levels

November: Personal and Collective Awareness: Expressing emotions through energy qualities, and telling stories through movement. (Percussive, sustained, explode)

December: Integration of skills: Preparing to share skills and creativity with audience

January: Patterns of total body connectivity. New ways to move and explore space. (Core-distal, head-tail, upper-lower, right-left side, cross lateral)

February: Spatial Awareness: symmetry and asymmetry, negative and positive space

March: Personal and Collective Awareness: Expressing emotions through energy qualities, and telling stories through movement. (swing, collapse, suspend)

April: Collaborative Choreography

May: Performance skills and preparation.