



# Building Physical Literacy and a Love of Movement Through Dance



## HEALTH

To maintain and further develop participants' physical literacy, and to help participants develop motivation and confidence so that they value physical engagement at every stage of their lives.

## EQUAL & ACCESSIBLE OPPORTUNITIES

To create inclusive access for every participant to benefit from dance activities in person, via video streaming, and through a rich database of online resources. To welcome and listen openly to voices from a diversity of cultures, states of health and walks of life.

## CREATIVITY & COMMUNITY

To give participants the chance to explore their inner artist and develop social and emotional skills in a creative setting. To help people discover and experience the soul-stirring and life-enriching joy that dance can bring.

## SAFE & POSITIVE RELATIONSHIPS

To build positive and meaningful relationships among teachers, peers and leaders with the goal of creating safe spaces that encourage participants to explore, take risks and try new things.

## ADVOCATING FOR DANCE

To help foster widespread support in the dance sector for community-engaged programming, and raise the profile of dance in Canada.

## ADVANCE CRITICAL RESEARCH & EVALUATION

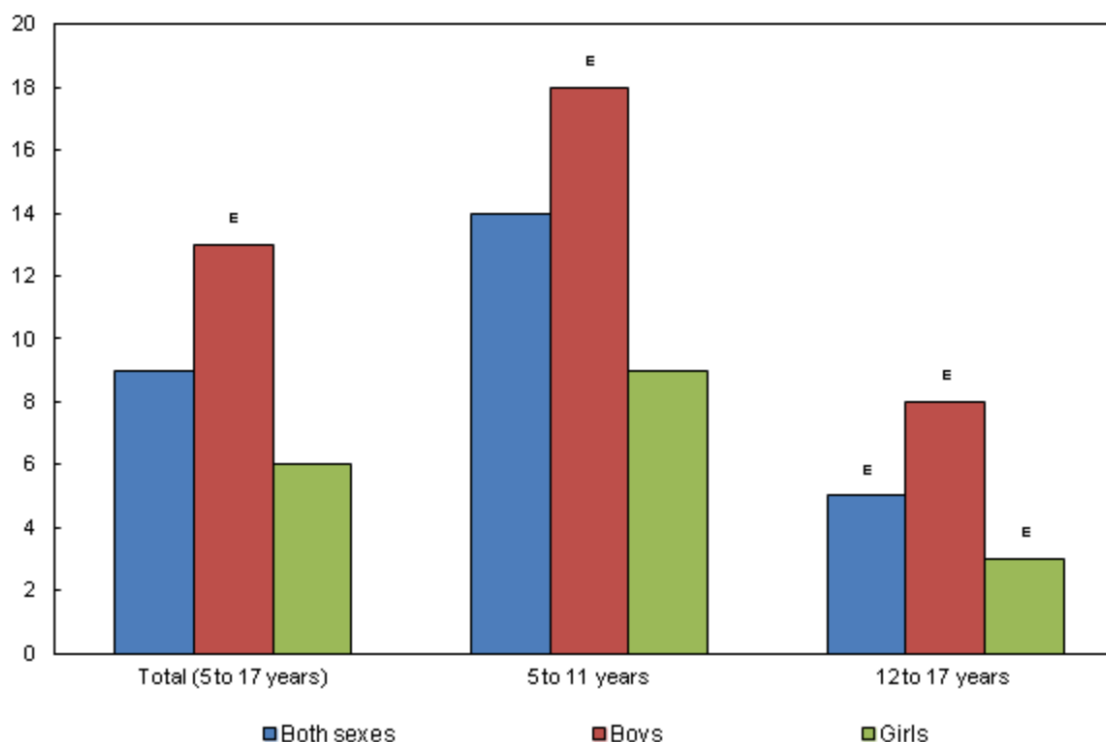
To drive research initiatives that advance our understanding of the positive impacts dance has on participants' minds and bodies. To employ an evidence-based approach to program design, content and evaluation.

# The Statistics for School-Aged Children:

**Chart 1**

**Proportion of children and youth aged 5 to 17 meeting the Canadian Physical Activity Guidelines,<sup>1</sup> by age group and sex, Canada, 2012 and 2013**

percent

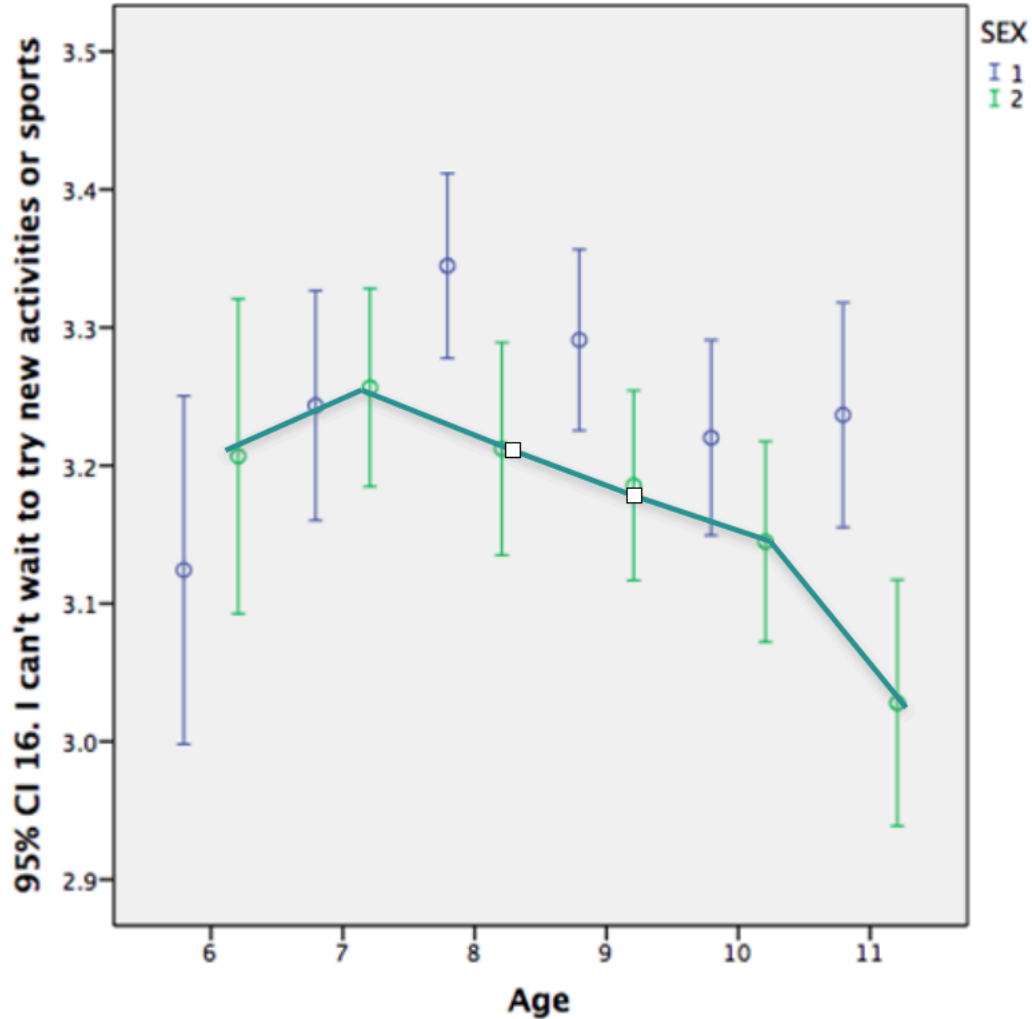


Euse with caution (data with a coefficient of variation from 16.6% to 33.3%)

1. Children and youth aged 5 to 17 are recommended to accumulate at least 60 minutes of moderate-to-vigorous physical activity daily.

**Source:** Canadian Health Measures Survey, 2012 and 2013.

# Girls' involvement in physical activity:





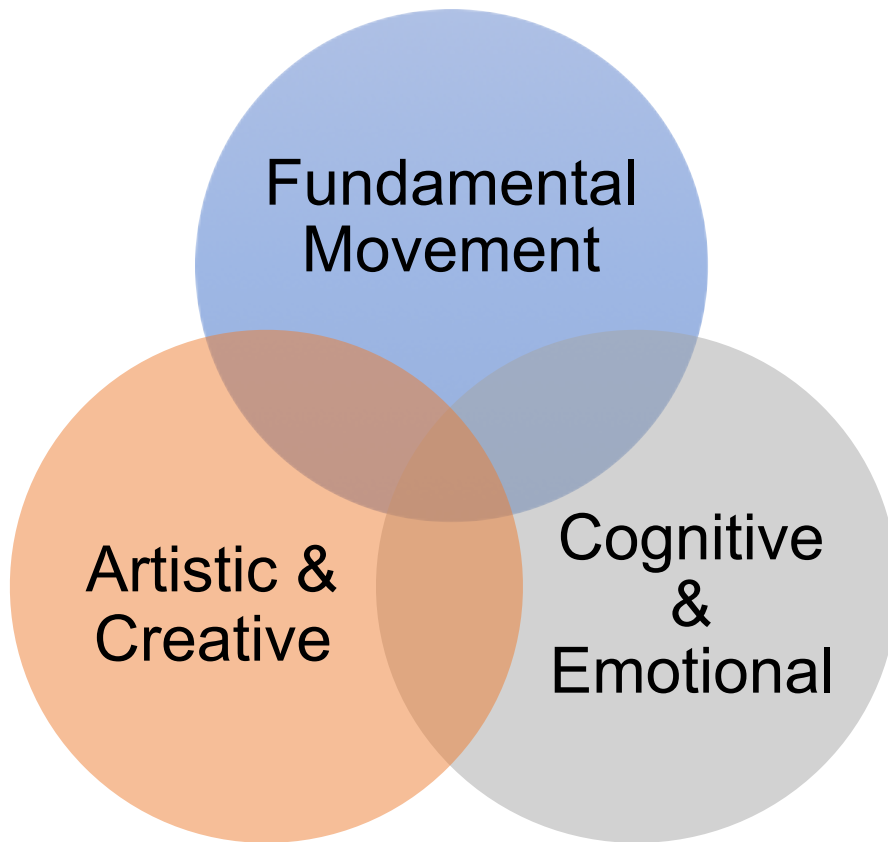
# Benefits of Participating in Dance:

Research suggests that dance:

- Is an effective form of physical activity, offering benefits for **cardiovascular health, balance, strength, coordination,** and more.
- Increases participants' motivation to be physically active by creating opportunities for **self-expression, creativity** and **multiple options for success.**
- Can be designed to complement curriculum plans, space restrictions, learning abilities, physical and cognitive abilities, cultural and language contexts, and more.
- Engages all kids equally, helping them **reach physical activity recommendations** in the classroom, at home and in extra-curricular activities.



Dance is a unique activity that supports the development of the whole child; it fosters expression, collaboration and creativity while developing fundamental aspects of physical literacy.



# Creative Movement:

- In any athletic pursuit, including dance, we begin by learning and practicing **fundamental skills**. In dance, we begin this learning process through **creative movement**.
- Creative movement is an **engaging and accessible** way for children to explore their **physical and creative potential** in a **non-competitive** environment.
- There is **no right or wrong way to move** - it is about exploration, expression, connection, and creativity.



Let's move!



Open, Closed, Cross

Open, Closed, Cross

O C X O X O X C



# Open, Close, Cross



02:37



CANADIAN NATIONAL BAILLET SCHOOL *Shooting Dance*

# Open, Closed, Cross

- Using the creative process to practice cross-lateral movement and develop coordination
- The Creative process:
  - **Inspire, Explore, Create, Share, Refine**

# Cardiovascular Dance

# Cardiovascular Dance

- Using the elements of dance, **time, space, energy, and body** to teach cross-curricular concepts
- Using a flexible structure, dancers can make creative choices to understand the cardiovascular system through movement

# Artist Study

- Artist Study: [Powwow and Hip-hop](#)

# Choosing the Right Activity

- Creative activity
- Cross-curricular activity
- Choreography



# NBS Kids Online Resources:

## Cross-Curricular & Choreographic Units



English, Sharing Dance Kids

### Cross-Curricular and Choreographic Units

With NBS' cross-curricular units, integrate dance and movement throughout the curriculum to enhance student learning and increase engagement with lessons.

Starts 9/27/2019

Free

## Sharing Dance The Activity Library

CANADA'S NATIONAL BAIJET SCHOOL



English, Sharing Dance Kids

### The Activity Library (F18)

All young people should have access to the physical, emotional and social benefits of dance and this library will provide you the tools and support to make it happen. The activities are divided into four categories:

Starts 9/10/2018

Free

## Sharing Dance Introduction to Creative Movement

CANADA'S NATIONAL BAIJET SCHOOL



English, Sharing Dance Kids

### Introduction to Creative Movement (F18)

In this course, you will learn about Creative Movement and how it supports the development of the whole child, fostering expression, collaboration and creativity while developing fundamental aspects of

Starts 9/10/2018

Free

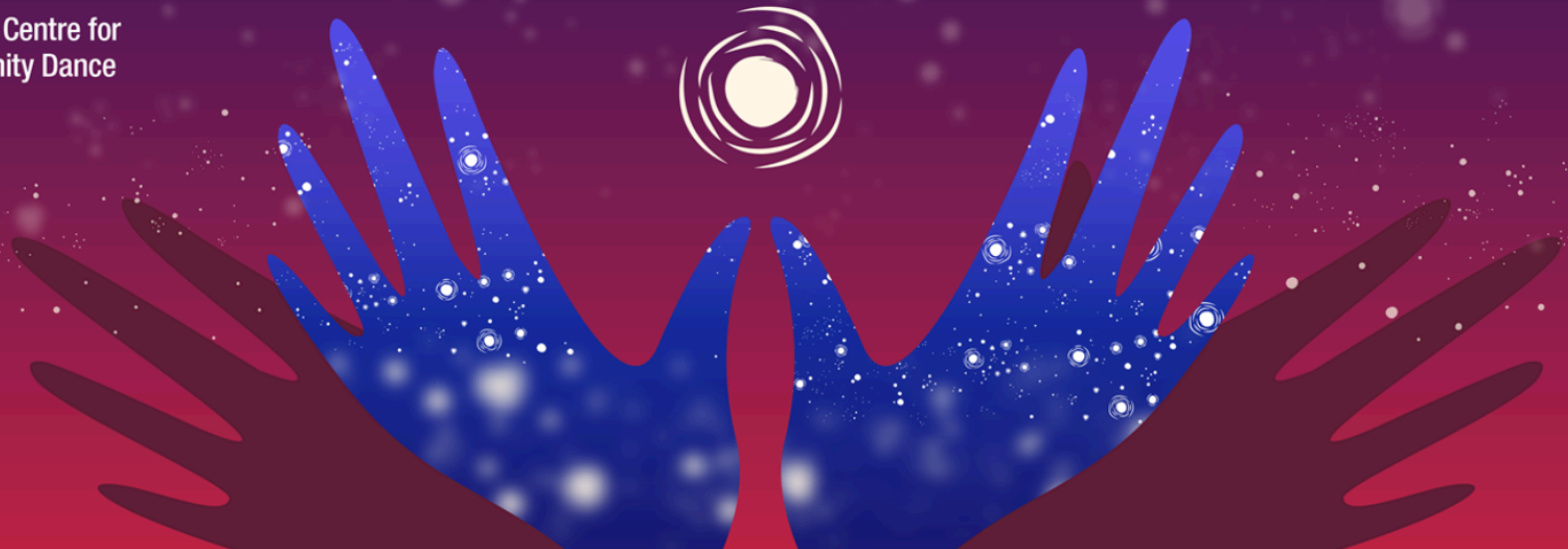
Dance  
at Home  
—  
Kids



CANADA'S  
NATIONAL  
**BAJLET**  
SCHOOL  
*Sharing Dance*

Lozinski Centre for  
Community Dance

# NBS Sharing Dance Day 2020 / *Online*



**May 29 @12:00pm**

# Feel free to reach out!

Ashleigh Powell  
Head of Community Programs  
[apowell@nbs-enb.ca](mailto:apowell@nbs-enb.ca)

Anne Cass  
Coordinator of Online Learning Resources  
[anne.cass@nbs-enb.ca](mailto:anne.cass@nbs-enb.ca)

