

## Instructional Dance Videos

The benefits of including dance in your curriculum are many. Most forms of dance can be used as an avenue to become physically fit now and for life. Some dance forms teach social skills and etiquette, while others focus on learning about different cultures. Social and ballroom dance teaches skills that are useful in real life "events" such as weddings, birthdays, and other social gatherings. The complexity of the movements involved in dance, coupled with the potential for moderate to high intensity cardio makes this an exceptionally well suited activity for growing brain cells and improving learning and academic performance (for more information check out SPARK; The Revolutionary New Science of Exercise and the Brain, by John Ratey) . In addition, dance is fun, -and part of our national and most states' standards for physical education.

### Folk & Line Dance Instructional Videos

Folk dances are traditional dances that people of a region or nation have in common. They are a great way to let the students experience a small part of another culture. Some folk dances are very old, others newer, and they vary in formation and difficulty level. They can be a fun and easy way to start introducing structured dance to physical education students. Line dances are usually choreographed steps set to country music and done in a line formation. They vary from easy to more complicated, but often include similar movement patterns.



### "POCO LOCOs" Instructional Videos

Poco Loco dances are choreographed to specific songs. Each part of the song (verse, the chorus, the bridge and the instrumental, have a set pattern that repeats each time that section of the song repeats. Poco Loco dances come in various formations: lines, circles, pairs, etc. They are easy to remember once they are learned because the movements are connected to each part of the song.



### Ballroom Dance Instructional Videos

Ballroom/social dance is a fun lifelong activity that should be a part of any quality physical education program. The benefits of including dance in your curriculum are many. The complexity of the movements involved in dance, coupled with the potential for moderate to high intensity cardio make this an exceptionally well suited activity for growing brain cells and improving learning and academic performance (for more information check out SPARK: The Revolutionary New Science of Exercise and the Brain, by John Ratey).

Some dance forms teach social skills and etiquette, while others focus on learning about different cultures. Social and ballroom dance also teach the skills that are useful in real life "events" such as weddings, birthdays, and other social gatherings. And besides being fun, dance is a part of our national and most states' standards for physical education.

Physical education teachers are not expected to be professional dancers, nor will their students be. Teachers, however, should not be afraid to try teaching social dance, even if their skills are a little rusty, or they do not know how to follow the exact syllabus of the major "schools" of dance. Our showcased examples may vary from certain "schools" as well, but our intention is to provide teachers with styles and patterns that are easy to teach because want children to learn social dance.



## Dance Links

This website has animations for square dancing.

# Square Dance

This website has instructional videos, examples of music, and various information on many ballroom dances.



**Responsible Educators Accountable for Learning**

*Promoting quality physical education through accountability and access to resources*

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