Instructional Dance Videos

The benefits of including dance in your curriculum are many. 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 a part of our national and most states' standards for physical education. After students have learned a dance, it can easily be used as a warm-up. Some can even be an enjoyable alternative to running laps for cardiovascular endurance.

Example of a Dance Project
This is a great alternative assessment for your dance class. Students film themselves performing various dance skills and create a DVD that they can keep!

Folk & Line Dance Videos Page
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 country or other popular music and done in a line formation. They vary from easy to more complicated, but often include similar movement patterns.

"POCO LOCOS" Videos Page
Poco Loco dances are choreographed to specific songs. Each part of the song: the 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/Social Dance Videos Page
Physical education teachers are not expected to be professional dancers, nor will their students be. Teachers, however, should not be afraid to 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
***Hover over the pictures for details and click to open their webpage***
Research on Dance


“This article discusses the health benefits of Dance Dance Revolution (DDR) and its integration into physical education classes. It also suggests strategies for classroom implementation and assessment. Drawing from their own teaching experience, the authors, relates how they taught numerous lessons to fourth graders using DDR as a tool to help them understand rhythm and tempo; to promote teamwork, cooperation, fair play; and even enhance creative dance choreography.”


“Dance education is a crucial component of a comprehensive education for all students. The question faced by educators is how do I assess student learning related to dance? This is a difficult task for anyone teaching new content in a large space. It is also a daunting task for someone teaching dance with a minimal background in assessment, specifically dance assessment.”

Responsible Educators Accountable for Learning

Promoting quality physical education through accountability and access to resources