Kinesthetic Learning Has Value in Education:

Dance fits Blooms Taxonomy –

Level 1: Remember…
We define, recognize, and demonstrate movement skills.

Level 2: Understand…
We discuss, explain, summarize, interpret, and change/transform/ recreate movement skills.

Level 3: Apply…
We practice skills, incorporate desired outcome of executed moves, and perform rehearsed material constructed for learning task.

Level 4: Analyze…
We study each movement piece in parts by simplifying and categorizing. We describe movement skills in relation to learning tasks and explore multiple solutions to movement problems as they develop.

Level 5: Evaluate…
We look at our work using specific criteria. We reflect – written and verbally. We revise.

Level 6: Create…
We organize, reorganize, and combine skills to create movement phrases. We use our imaginations to invent, compose, and convey understanding about a specific topic/task/skill.

Dance education supports the intelligences for all students and builds the ones less developed –

Logical-Mathematical:
Engages creative and scientific process with problem solving skills

Visual-Spatial:
See and execute movements mentally and physically in space

Bodily-Kinesthetic:
Uses physical self and manipulations of skills/tasks

Musical-Rhythmic:
Create patterns and phrases with sound and rhythms/beats

Interpersonal:
Movement tasks involve teamwork, cooperation, and collaboration

Intrapersonal:
Allows one opportunity to access own feelings, emotions, thoughts…self-reflect on work

Verbal-Linguistic:
Write and talk about work, communicate with critiques and reflections of work

Naturalist:
Provides chance to relate movement to larger life topics

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Why Dance?

Dance enhances the physical, intellectual, emotional and social development of children and teens. Dance creates long lasting friendships, memories, and learning experiences as well as establishing a passion for the arts.
Dance education teaches and inspires students to have good work habits and healthy lifestyle choices.
Incorporating movements helps focus, motivation, and desire to learn.

Dance is for everyone at any age and any ability.
Get up!
Get moving!

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Benefits of Dance:

Physical –

- Balance
- Coordination
- Structured physical activity
- Helps with posture
- Develops muscle strength and flexibility
- Increases kinesthetic awareness
- Builds athleticism

Intellectual –

- Critical thinking skills
- Problem solving skills
- Time management
- Concentration
- Focus
- Self-discipline

Social –

- Respect for self and others
- Teamwork
- Tolerance
- Responsibility
- Friendships, partnerships, companionship

Emotional –

- Self-confidence increases
- Self-respect increases
- More commitment to work and others
- Determination and drive for successful outcomes
- Fosters joy and excitement for learning

Artistic –

- Self expression
- Creativity
- Communication
- Aesthetic awareness
- Attention to details
- Musicality
- Reflection of work

Get up and Move:

Light up your mind:
Dancing activates all parts of the brain!

Frontal Lobes –

- Plan, think, problem solve
- Deal with emotions

Temporal Lobes –

- Process sound, music
- Object recognition in space
- Communicate about work

Occipital Lobes –

- Visual comprehension

Parietal Lobes –

- Relations in space
- Calculating patterns and recognition

Motor Cortex –

- Controls body movement
- Learning of motor skills

Somatosensory Cortex –

- Touch sensors in space/others

Thalamus –

- Deals with incoming sensory information

Hypothalamus –

- Maintains homeostasis (fluid, food intake, rest, etc.)

Hippocampus –

- Consolidates learning
- Sends learning to working memory…maybe to long term memory and memory recall

Brainstem –

- Monitors heart rate, body temperature, respiration, etc.

Amygdala –

- Handles interactions in the environment
- Processes emotions (fear/nerves)

Cerebrum –

- Thinking, memory, speech, movement

Cerebellum –

- Coordinates thinking, planning, problem solving, storage, and memories associated with movement