



The **USA Dance Kidz** program is based on a highly successful program of dance instruction in schools pioneered in California. Now in its eighth year, it has grown to include more than 20 schools in Los Angeles, Ventura, and San Diego counties.

Dance Kidz does not replace existing, successful programs. However, elements of it may be used to enhance or facilitate current efforts. Because every chapter, community, school, and student is unique, it is designed to be: adaptable to local needs, affordable, accessible, easily implemented, a source of high quality instructional materials, and a source of continuing growth. By working together collaboratively, USA Dance, USA Dance chapters, schools, and civic organizations can bring the gift of dance to the next generation.

Local Chapter provides

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| Volunteer Instructors | Training for instructors and school staff |
| Assistance with funding/fund raising | Culminating activity |
| Opportunities for students to continue dancing | |

The School provides

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| Scheduled time (Curricular or extra curricular) | Space |
| Staff member oversight (Attend training and lessons) | Funding |

Getting Started

Review the materials available from USA Dance and decide if this program is appropriate for your chapter and community.

Assess Resources

The success of the program depends on dedicated community volunteers. Look for chapter members who have a connection to local schools: teachers, classroom aides, the lunch lady, crossing guard, bus driver, librarian, school board member, PTA members, parents and grandparents. While they may not volunteer as instructors, these people have a wealth of information about the schedule, activities, etc. at individual schools. Use this information in your planning.

Take the program to where the kids are. In addition to public schools, investigate private schools and home schooling organizations.

Although schools are the first choice, consider other community venues for your program. Community centers, Parks and Recreation departments, church youth groups, Boys and Girls clubs, libraries, and scout troops may welcome new programming ideas. Many of these have after school programs, Saturday classes, summer programs and/or school vacation programs.

Use the information gathered to select a target school or site. Do not be discouraged if it isn't District wide at first. Successful school programs are contagious, with parents, students, and staff spreading the word.

Budget for the program. Although the cost of the program is minimal, there will be expenses for training, a culminating activity, etc. Consider holding fund raising activities with proceeds going to the **Dance Kidz** program.

Set Goals

Setting measurable short and long term goals can keep the program focused and help ensure success.

Examples: Short term: Contact Jefferson Elementary, Madison Middle, and Central High.
Time: next 30 days
Long Term: Complete instruction in school, host culminating activity
Time: nine months

There will be many more goals. Revisit them often to check for progress, and set new goals.

Recruit Volunteers

Look for chapter members who have specialized skills or who want to explore new areas. Time commitments will vary with the tasks. In addition to volunteer instructors, consider recruiting a music director, a photographer, a videographer, publicity chair and party planners (for celebration or showcase event)

Who are the volunteers? Although educators, parents and grandparents are obvious choices, local dance professionals, and even college students can all play a part in the program.

Presenting the Program

For a meeting with a decision maker at a school or community group, be ready to discuss the program.

Gather Materials

Take a copy of *American Dancer*, especially the January 2014 issue.

Have one or more copies of the brochure for schools (print on heavy paper)

Your USA Dance business card

Be prepared.

Review all the following information about USA Dance and **Dance Kidz**. If there is a question you can't answer, offer to research the answer.

Explain that USA Dance is:

- The National Governing Body for DanceSport in the United States

- An Official member organization of the United States Olympic Committee (USOC)

- The U.S. member of the world governing organization, the World DanceSport Federation, the official global member organization of the International Olympic Committee

- Approved by the IRS as a 501 (c) 3 charitable and educational organization

Check your attitude.

Remember that the chapter is donating a valuable service to assist the school and the students, not criticizing existing programs or selling a product. USA Dance wants to partner with the school for the benefit of the students. Keep discussion short and on point.

Do not expect an immediate response. Call back in a week or 10 days to answer any additional questions, etc.

Important Points to Cover:

Partnered Dance

- Introduces a life-long physical activity

- Teaches skills which apply to both school and social settings

- Presents an opportunity to excel

- Uses auditory, visual, and kinesthetic modalities

- Fosters teamwork

- Promotes mutual respect

- Enhances problem solving skills

- Develops both listening and non-verbal communication

- Improves memorization

- Builds self-esteem

Meets or Exceeds National Standards for Physical Education (*March 2014*)

The physically literate individual:

Standard 1- demonstrates competency in a variety of motor skills and movement patterns.

Standard 2- applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3- demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4- exhibits responsible personal and social behavior that respects self and others.

Standard 5- recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Applies some or all of the National Standards for Dance (Performing Arts)

Standard 1-Identifying and demonstrating movement elements and skills in performing dance

Standard 2-Understanding the choreographic principles, processes, and structures

Standard 3-Understanding dance as a way to create and communicate meaning

Standard 4-Applying and demonstrating critical and creative thinking skills in dance

Standard 5-Demonstrating and understanding dance in various cultures and historical periods.

Standard 6-Making connections between dance and healthful living

Standard 7-Making connections between dance and other disciplines

Learning dance can enrich other subject areas, including:

Social Studies (History, cultural studies)

Science

Music

World Language

Literature

Theater

Math

Language Arts

By introducing basic skills, **USA Dance Kidz** opens the door to extended physical activity and continued education and recreation through clubs, teams and lessons. This is in line with *Let's Move!* the comprehensive initiative dedicated to solving the problem of obesity within a generation which was launched in 2010 by First Lady Michelle Obama.

Afternoons are now spent with TV, video games, and the internet.

Eight to 18-year old adolescents spend an average of 7.5 hours a day using entertainment media, including: TV, computers, video games, cell phones and movies.

To combat the rising epidemic of obesity, experts recommend 60 minutes of physical activity five or more days a week.

The hours from 3-6 p.m. are often called "The Danger Zone" for children.

Working with the school, determine a schedule for class and a start date.