STRATEGIES IN TEACHING DANCE

by:
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Dance is an important part of physical education curriculum. Dance develops coordination, strength, flexibility, balance, and many other skills all of which are a necessity for other sports. Students can truly benefit from the ability to express themselves openly through dance.

By learning dance moves, the concept of rhythm, how to work with a group and how to individually express oneself, students are learning the underlying skills used not just in PE activities but also in everyday life. Mostly everything we do can be related to rhythm and expression, which are the primary focuses of dance. Dance also gives students a chance to be creative and expressive in a supportive environment. Dance, when taught well can be fun and be an excellent way to channel a child’s energy into something they can be proud of.

However, teaching students this particular curriculum can be very challenging. One of the biggest challenges that both the educator and student will face is a lack of confidence in their abilities. Fear from a lack of knowledge of the content and of being subjected to teasing is the underlying problem for most other challenges that arise during a dance unit. (Wall & Murray, 1994). Also, as students get older, stereotypes begin to form around the subject of dance and about dancers. This creates a discomfort level and unwillingness to participate in the lessons. As a result, a student who is unable to successfully execute the steps as taught weighs over a developing student and to avoid embarrassment, may resort to refusing to participate or participating with over-exaggerations of each move to purposely entertain his or her peers and therefore be in control of any laughter that may be directed their way.
In this article, we will discuss the different strategies, techniques and practical tips on how to effectively teach dance to your students in ways that they will enjoy and learn.

Important consideration in teaching Dance

Process and Goals

1. Planning: Encourage students to set specific goals dance and age-appropriate.

2. Optimizing the Self within Community: Recognize individual differences and optimize individual potential; encourage students to work in collaboration with peers.

3. Mentoring: Embody the qualities of a positive leader and role model for having positive results.


5. Focusing on the Task: Encourage students to focus on goals not for the outcome to master the given task.

6. Developing Metacognition: Provide opportunities for students to explore personal metacognitive strategies (“How do I learn?”)
7. Foundations: Build foundations of domain specific knowledge in progressive sequence and with complementary background information

8. Mixing and Matching: Provide opportunities to learn or process information in various ways across learning tasks and situations, including somatic and analytic strategies, and contextual variety

9. Embracing the Safe and Sound: Ensure safe practices are established and based on sound scientific, medical and/or empirical evidence regarding alignment work and prevention and management of injuries

Teaching Dance can both be very enjoyable and at the same time very challenging. In order for the learning experience to be optimal, there should be a collaborative effort between the teacher and the student. As a teacher, you should first focus on how to build your students’ confidence making them believe that they can do the task effectively. You should know how to motivate your students and not make them feel bad on what they are doing. Also, you should make your class as fun as possible spreading good vibes and a light classroom environment while at the same time being serious on what you are teaching. Most importantly, a teacher should always bear in mind that the purpose of teaching Dance is to develop students not just physically but holistically, honing their mental and emotional well-being.
References:


https://portablesportscoach.com/teaching-strategies-physical-education/