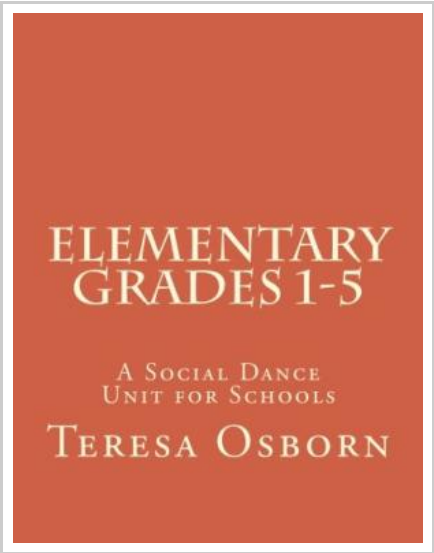



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# Elementary Grades 1-5: A Social Dance Unit for Schools (Paperback)

By Teresa Osborn

Createspace, United States, 2004. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Dance provides the opportunity to develop social and motor skills in a non-competitive, non-sport context. This Unit outlines a course of lessons designed to promote: Basic and advanced motor skills Cognitive and spatial awareness skills (i.e. remembering routines and patterns, putting them to music, working with other people - keeping in your own space, or knowing how to use space) Social and team working skills when working with a partner or larger groups An introduction to understanding rhythm and musical appreciation An introduction to movement and fitness, using a form which is not Sport and which might therefore be attractive to students who may not be good at the usual sports and team games At higher levels, an awareness of how the body moves, how the muscles work, the importance of warm up and cool down and good nutrition. Presentation skills (during class and when presenting routines they have made up, or giving a show.).

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