

Clip: Community Dance Episode 15: My Life En Pointe

Activity: Benefits of Dance

Theme: Dance knowledge

1. As a class, view the clip, *Community Dance*, where Kat spends some time with a community group as they learn to dance. In contrast to the Academy, the participants in the community dance group are non-professional. They dance for other reasons. Discuss with students the following questions and list the students' responses on the board:
 - a. For what reasons do the community dance students dance, if not for to be professional dancers?
 - b. What physical skills will they develop from their practice sessions?
 - c. How would these skills relate to specific kinds of participants (i.e. young children, the elderly, the socially isolated, people with disabilities?)
 - d. What social skills do they develop?
 - e. What psychological, emotional or mental skills could be developed by the practice?
 - f. Do different dance styles increase skills in one area greater than another? Give examples.
2. Have students complete **Student Activity Sheet E15.4: Benefits of Dance Poster** and develop some ideas about the appropriate design of a poster to advertise the benefits of dance as a recreational activity, or the benefits of dance to a specific target group.
3. Once students have recorded their ideas on the worksheet, including selecting a target audience for their poster, group the students who are aiming to promote dance to similar audiences. Have the students brainstorm imaginative, creative and innovative ideas as to how they can provide a clear message to each audience.
4. Ask the groups to:
 - a. Produce a collaborative 'group' poster according to a dance style or a target audience they select;
 - b. Decide the size and style of their poster, including ideas about layout, font, colours, focus, balance, materials needed to complete the project;
 - c. Use a discerning amount of information, ideas and images for greatest impact;

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- d. Develop and include a slogan, props, etc. for making the poster more attractive and unexpected. Devices to include could be quotes about the power of dance and persuasive testimonials.

Download

- Student Activity Sheet E15.4: Benefits of Dance Poster

Useful resources

- [Foundation for Community Dance, UK](#)
- [Better Health Channel – Dance Health Benefits](#)
- [Ausdance article: The Rise of Community Dance](#)
- An internet image search for 'Community Dance Project & Poster' will bring up some example dance event posters to show your students.

NAME:

Student Activity Sheet: E15.4 Episode 15: My Life En Pointe
Activity: Benefits of Dance Clip: Community Dance

Benefits of Dance Poster

Use the space below to think about and plan a big, colourful and creative 'Benefits of Dance' poster.

Some aspects to consider in your planning are:

- Who is your target audience?
- Where will your target audience see this poster?
- What size will your poster be?
- Consider what kind of images, style, colours and font you would like to include in the design of your poster?
- What kind of materials will you need to obtain to make the poster?
- How will you make your poster stand out from other similar posters you have seen?
- What is the message of the poster? What will it say? Think about appropriate language that will engage your target audience and be sure to include the health benefits on the poster!