

ABC ANYBODY CAN DANCE

KEEP ACTIVE - STAY CONNECTED - STAY HEALTHY



PREPARED FOR
Key Stage 1 - 5

PREPARED BY
Carlton Thomas



ABC - ANYBODY CAN DANCE

WHY DANCE?

"WHEN YOU DANCE, THE PURPOSE IS NOT TO GET TO A CERTAIN PLACE ON THE FLOOR, IT' TO ENJOY EACH STEP ALONG THE WAY", - WAYNER DYER



SUMMARY - WHY ABC?

ABC Any Body Can Dance Initiative is primarily about getting as many children as possible within Brent schools at Key Stage 1 – 5, moving and keeping active through Latin and African dance during school hours or as an after-school activity.

Brent has a higher prevalence of obese school children leaving primary school at 26% compared to the London and England average. In Brent, 1 in 3 children are obese by the time they leave primary school. By 2034, it is estimated that 70% of adults will be overweight or obese. (Joint Strategic Needs Assessment).

The World Health Organization (WHO) regards childhood obesity as one of the most serious global public health challenges for the 21st century and ending childhood obesity is one of the most complex health challenges facing the international community during this century.

Over a fifth (22%) of children are overweight or obese when they begin school, and this figure increases to over a third (37%) by the time they leave primary school. Key factors that impact childhood obesity are Age, Deprivation, Ethnicity.

In Brent, deprivation does not have a strong correlation to childhood obesity. However, there is a link between obesity and deprivation across ethnicities and schools in the borough.

In Brent, children of Black ethnicity are most likely to be overweight or obese. Children of Asian ethnicity show the highest increase of excess weight between Reception and Year 6.

DID YOU KNOW?

- ✓ 1 - 6 School-aged children has a mental health problem.
- ✓ 1 - 20 one to nineteen year olds has a behavioural disorder.
- ✓ In Year 6, obesity prevalence has increased 21% in 2019/20 to 25.5% in 2020/21



PHYSICAL BENEFITS

- ✓ Works as a Release
- ✓ Develops Rhythm
- ✓ Promotes Neurological Development
- ✓ Builds Fitness
- ✓ Improves Flexibility
- ✓ Improves Balance
- ✓ Develops Spatial Awareness

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MENTAL BENEFITS

- ✓ Improves Focus & Pattern Recognition
- ✓ Boost Communication Skills!
- ✓ Creativity
- ✓ Fosters Good Habits
- ✓ Teaches Perseverance
- ✓ Enhanced Art Appreciation
- ✓ Builds Poise



**WHY
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EMOTIONAL BENEFITS

- ✓ Improves Self-worth
- ✓ Encourages Empathy
- ✓ Dance is Fun
- ✓ Emotional Outlet
- ✓ Strengthens Sensory Awareness
- ✓ Provides a Life Purpose

SOCIAL BENEFITS

- ✓ Encourages Social Inclusion
- ✓ Fosters Teamwork & Partnership Working
- ✓ Builds Respect & Acceptance

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ACADEMICAL BENEFITS

- ✓ Transferable Skills
- ✓ Builds Character
- ✓ Telling Your Story
- ✓ Future Career in Dance





***WHY ABC?
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THE IMPORTANCE OF DANCE IN EDUCATION

ABC – Anybody Can Dance

We believe learning, thought, creativity, and intelligence don't just come from the brain alone, but from the entire body. There are so many reasons and benefits as mentioned previously why dance is important to the health, wellbeing and development of our young people. Children and young people need at least 60 minutes of physical activity every day to maintain health especially in a digital era.

Dance and Diversity

Our organisation is focused on dance as an art form, we acknowledge the role that dance plays throughout the human experience. We recognise the wide range of dance practices that have existed throughout history, and the people and cultures from which they originated, that's why it's so important to tell your story and to link dance to the cultural experiences through visual, audio, read/write and Kinesthetics tools.

About Dance as an Art Form

Through dance as an art form, movement is used to communicate meaning about the human experience in an inclusive environment. The art of dance is a powerful medium to express one's values, thoughts, and aspirations. It can be an important tool for introspection and reflection about the world in which we live in today.



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About Dance as Art in Education

Dance in education can be offered in a broad range of dance genres and styles, to students of all backgrounds, ages, skill levels, and abilities. Education in the art of dance involves four artistic processes, designed to help young people achieve dance literacy like creating, performing, responding and connecting.

It also involves discovering the expressive elements of dance; knowing the terminology that is used to comprehend dance; having a clear sense of embodying dance; and being able to reflect, critique, and connect personal experience to dance.

Why is Dance in Education Important?

Research studies and evidence indicate that dance in education contributes to young people's physical, emotional, and social well-being by providing a method of physical awareness and fitness, an outlet for creativity and personal expression, and a means to develop social-emotional skills, such as self-management, relationship skills, and responsible decision-making.

Dance develops skills such as collaboration, communication, and creativity, and dance has been shown to positively affect young people's attitudes, perceptions, and values. Dance provides children multiple perspectives. Through dance, children develop enhanced sensory awareness, cognition, and consciousness. It is this heightened state that creates the magic of movement that is dance.

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THE IMPORTANCE OF DANCE IN EDUCATION

How can you help us with ABC?

A We are looking for individuals, strategic partners, schools, sports centres, sponsors and funders that will support us financially or through "In-kind" services with our ABC Anybody Can Dance initiative in Brent which will help us provide comprehensive dance programmes which can be offered to schools that are innovative and actively seeking new ways of getting their children more active and moving through dance therapy.

B We initially want to engage with 2/3 schools in Brent which will be prepared to introduce Latin & African dance to children at Key Stage 1 – 5 during school hours or as an after-school activity during term time for 11 weeks, to start getting children active through dance. We hope once the pilot has been reviewed and evaluated this model can be expanded to more potential schools in Brent.

C Our qualified dance teachers will provide a tailor-made dance lesson plan which will involve dance activities, cultural experiences, storytelling, music and instruments, and at the end of the term produce a short choreography co-produced and co-designed by the children which could be showcased to other children, parents and teachers at the school.

We are keen to discuss this further with individuals and organisations that can see the potential in our project and the holistic benefits it can bring to the young people of today, if you would like to discuss this further, please contact me. Thanks.

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