



Syllabus - Dance - Rhythm4inclusion

Using dance and rhythm as a tool in theoretical subjects can be an effective new way to develop understanding in education. At its core, dance is simply moving your body, and thus, it is a common language and medium accessible to everyone. Engaging physical activity and associating it with curricular concepts encourages critical thinking, curiosity within textbook work, and teamwork. Starting with the students' imaginations and creativity, the teacher can lead the students into the world of Dance and physical expression. By moving when learning, you memorise not only with your mind, but with your entire body.

You develop a whole-body connection to the material at hand, which leads to a deeper understanding of the topic.

Using movement together with rhythm engages both your mind and physical body to understand and process information. By using rhythm and movement in this way the students develop their ability to focus. When working in a group with acceptance as a core element, positive self-esteem is encouraged and supported. Higher self-esteem can lead students to take on new and more difficult tasks with confidence, which in turn supports both the student's capacity to learn and their development as a young person.

Objectives

The aim with this course is to compliment the traditional education and give the students tools to manage their own abilities to learn. This is done by letting them explore new challenging tasks with both body and mind. The course is built up of modules in which the students receive material to work through as a group as well as a chance to create their own material for further development.

Learning modules

The course is presented in three modules which are naturally progressive. Below you can see the course overview.

Introduction

The introduction shows what is needed in preparation for the classes but it also gives the teacher advice on the general layout of the course.



Module 1:

Objectives

- To introduce rhythm
- To create a focused and safe space
- To engage students in classroom activities
- Individual ability to move and understand basic rhythm

Content

- Exercises for working with rhythm
- Exercises for working with dance
- Exercises to increase acceptance and feeling of achievement

Module 2:

Objectives

- Further understanding of and building comfort with rhythm and movement
- The ability to use both body and mind simultaneously in exercises
- Collective ability to understand movement and rhythm
- Enhance focus and ability to maintain information

Content

- Exercises with rhythm and movement
- Exercises to develop a collective achievement

Module 3:

Objectives

- Enhanced understanding of rhythm and movement
- Ability to create within dance and rhythm

Content

- Exercises to create material, individually and collectively.