



Welcome to the rhythm4inclusion

Dance Course!

This course is created to try and help students cope with traditional schooling and be able to develop their capabilities to engage in studying.

This online course is tailored to teachers who are interested in trying this rhythm and movement based method in their teaching.

In this course you will learn how to use rhythm and movement in your normal studying environment to enhance the students learning and development. All movements can be altered to suit each person's physical capabilities. You will learn how to implement all the exercises with your students.

In this course we are using props "tri-its" - pyramid shaped beanbags. But juggling balls, beanbags or similar can be used just as well. The reason for using the props is many, but one of the biggest reasons is the fact that it invites playfulness and most students find that relaxing and engaging - which leads to a less threatening environment and a lot more inclusiveness for all participants.

The movement you learn is suitable for anyone - no previous dance experience needed.

The course is made up of three modules and each module has a suggested working time.

Module 1: 20-30 minutes 2-3 times a week for two weeks.

Module 2: 20-30 minutes 2-3 times a week for two weeks.

Module 3: 30-45 minutes 3 times a week for two weeks.

What is expected of participants in this online course is that you are ready to try the movements and also keep a dialogue, and keep an open mind. We want this to be fun for the students but also for the teachers (you)

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