



LAYC Training Scheme Get Dancing with Your Kids



Introduction

Aimed at anyone wanting to encourage the children in their groups to be more active or to consider different forms of physical exercise.

This session is however designed to be most relevant for those working with 8-12 year olds – particularly young males who might not think dancing was something they might give a try.

Content

The course content is a mix of demonstration and practical work (participants are asked to consider their style of dress is appropriate for participation in practical activities).

Participants should therefore be fit and healthy enough to take part in the session. (Bring a bottle of water .. at least!)

Outcomes

By the end of the course participants will have:

- Gained greater confidence in ways of introducing dance into their work with children
- Had the opportunity to create and demonstrate a short dance activity
- Have sufficient contact information for further developing dance opportunities with the children they work with