KEEP CALM AND DANCE!
Creating and Increasing Physical Activity with Dance

Northern Recharge 2019
February 23, 2019
By: Kira Coelho
Salt Lake County Youth Services
TEN PRINCIPLES FOR SUCCESS

1.) Professional Practicing Artists
2.) Executive Commitment
3.) Dedicated Spaces
4.) High Expectations
5.) Culminating Events
TEN PRINCIPLES FOR SUCCESS

6.) Positive Relationships
7.) Youth Input
8.) Hands-On Skill Building
9.) Community Engagement
10.) Physical & Emotional Safety

Designing for Engagement: The Experiences of Tweens In the Boys and Girls Clubs Youth Arts Initiative (2018)
• The Content and Quality (CQ) have 19 standards.

• Translate nutrition and physical activity sciences into actions OST programs can offer strategically.

• Recommends at least 60 minutes of physical activity per day.

• DANCE!!!!
PHYSICAL ACTIVITY: HEPA STANDARDS 2.0 CONT.

Standards CQ9 - CQ19 covers Physical activity education and enrichment activity are...

- Trained in a curricula or activities delivered.
- Offer age appropriate activities.
- Plan and provide time.
- Moderate time for vigorous activity for at least 50% of whole time.
- Offer outdoor physical activity.
Standards CQ9 - CQ19 covers Physical activity education and enrichment activity are...

- Ensure activities offer a variety of options.
- Offer free play with space available.
- Offer non-competitive activities.
- Adaptable.
- Goal driven, planned, sequentially designed and delivered.
- NO television or movies, daily total screen time is limited.
11 NATIONAL CORE ARTS STANDARDS

- Learn the basics of dance skills...
- Proper stretching techniques
- Learn dance terminology
- Dance style history
- Experience with different types of music
- Learn rhythm and musicality

<table>
<thead>
<tr>
<th>Artistic Processes</th>
<th>Anchor Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creating Definition: Conceiving and developing new artistic ideas and work.</td>
<td>Students will: 1. Generate and conceptualize artistic ideas and work.</td>
</tr>
<tr>
<td>Performing/Presenting/Producing Definitions: <strong>Performing</strong>: Realizing artistic ideas and work through interpretation and presentation. <strong>Presenting</strong>: Interpreting and sharing artistic work. <strong>Producing</strong>: Realizing and presenting artistic ideas and work.</td>
<td>4. Select, analyze, and interpret artistic work for presentation.</td>
</tr>
<tr>
<td>Responding Definition: Understanding and evaluating how the arts convey meaning.</td>
<td>5. Develop and refine artistic techniques and work for presentation.</td>
</tr>
<tr>
<td>Connecting Definition: Relating artistic ideas and work with personal meaning and external context.</td>
<td>6. Convey meaning through the presentation of artistic work.</td>
</tr>
<tr>
<td>Students will: 7. Perceive and analyze artistic work.</td>
<td>8. Interpret intent and meaning in artistic work.</td>
</tr>
<tr>
<td></td>
<td>9. Apply criteria to evaluate artistic work.</td>
</tr>
<tr>
<td></td>
<td>10. Synthesize and relate knowledge and personal experiences to make art.</td>
</tr>
<tr>
<td></td>
<td>11. Relate artistic ideas and works with societal, cultural and historical context to deepen understanding.</td>
</tr>
</tbody>
</table>
PARTNERSHIPS: THE BBOY FEDERATION

• To legitimize Urban Dance as a viable path to success, through practice, performance and education

• 501c3 Organization based in Salt Lake City

4 Elements of Hip Hop:
• Bboying
• MCing
• Graffiti Art
• Djing/Turntablism
• Knowledge
THE ART OF CHOREOGRAPHY

• Be confident in what you create. Pull inspiration from everywhere. Art, life, sports, work, animals, etc. (ex. Choreo Box)

• Come up with themes, a purpose for the dance, unique ways to stand out.

• Let Youth express how being different and being trend setters are great things.
TIME TO DANCE!!!

Contact Info: Kira Coelho
Email: Kcoelho@slco.org
Phone: 385.258.7241