

# RHYTHM WORKS INTEGRATIVE DANCE PROGRAM

## 10 Week Session Structure

### OBJECTIVES

The steps and activities in the program are all designed to meet specific physical, social and emotional developmental goals. We choose the steps and plan activities following a class structure that will match the goals we are targeting to achieve.

### 31 CATEGORIES / GOALS

- Vestibular Input
- Proprioception Input
- Tactile Input
- Self help- Activities of Daily Living
- Fine motor- movement of small muscle groups, specifically hand and foot manipulation
- Directionality- different parts of the body moving in opposite directions
- Midrange control- maintaining a “bend” in the limb that is not fully extended and not fully contracted
- Movement Inhibition- stopping a movement before reaching maximum range of motion
- Lateral Flexion/ Extension- side to side movement in the sagittal plane
- Trunk flexion- forward bending movement in the frontal plane
- Trunk Extension- backward bending or trunk lengthening in the frontal plane
- Trunk rotation- twisting movement in the transverse plane
- Single Leg Balance
- Off- balance- leaning from side to side, or unstable forward or backward bending
- Segmentation- moving only one body part at a time

- Gravitational Insecurity
- Sequencing- multi-position dance steps
- Weight Shifting- changing weight from left to right during the dance step
- Bilateral Reciprocal Coordination- moving both sides of the body in opposite directions at the same time
- Unilateral movement- moving 1 side of the body at a time
- Diadokokensia Movement- Simultaneously alternating body parts between supination and pronation (1 palm up with the other palm down) and flexion and extension
- Full Body- both arms and legs moving simultaneously
- Lower Extremity Focused
- Over/Under Concept
- Foot Manipulation
- Crossing The Midline- moving one side of the body into the space of the other side
- Right/ Light differentiation- quickly having to switch between right and left sides
- Continuation of movement - fluid movement
- Rhythm patterning- coordinated timing
- Out of sight- arms or legs move out of the sight line

### SOCIAL & LIFE SKILLS

- Partner work
- Teamwork
- Taking turns
- Listening vs. when to speak
- Adaptive responses- responding with an appropriate action based on changing circumstances
- Following simple and multi-step directions

- Same vs different
- Ideation- coming up with novel ideas
- Imitation
- Body awareness
- Leadership skills
- Body dynamics - force grading
- Self expression through emotions
- Spatial awareness

- When to move vs being still
  - Attention to detail
  - Non-verbal communication through dance
  - Motor planning- the ability to come up with an idea, plan actions and carry out actions
  - Memory retention and recall
  - Generalization- the ability to transfer a learned skills in one environment/situation to another environment/situation
  - Problem solving
  - Musicality- the ability to understand music
  - Matching
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- Relationships
  - Quick thinking reflex
  - Locomotor and non-locomotor skills
  - Executive function- the processes involved in self-regulation, reasoning, working memory, flexibility, etc...
  - Storytelling
  - Colours, numbers & shapes
  - Perspective taking
  - Self control
  - Dance technique