

RHYTHM WORKS INTEGRATIVE DANCE PROGRAM

INTRODUCTION

Rhythm Works is a clinical hip hop based rhythm and dance program designed for those with individual learning differences and other special needs. Based on the Hip Hop Made Easy Program (currently offered in 2000+ schools & dance studios worldwide) our RWID classes use rhythm and hip hop dance to assist in achieving goals across the 5 developmental domains.

The program has the flexibility to reach students in dance studios, schools and therapy clinics settings all over our community. The program is designed to accommodate the dancers physical capabilities along with their social-emotional and behavioural needs.

PROGRAM FOUNDATION

EVERYONE DESERVES THE CHANCE TO DANCE

Rhythm Works Integrative Dance is designed to meet the individual learning differences and a wide variety of diagnoses. RWID is a specialized but inclusive class that focuses on skill development, self empowerment, and celebrating our differences. The program is specifically designed to use music, purposeful movement, and defined rhythm patterns to fully integrate body, mind and spirit.

Emerging research is proving what we knew all along... movement is not only good for our emotional, mental and physical health, it is also a key part in helping the brain function at it's best! Rhythm Works Integrative Dance was created with this knowledge in mind.

SETTING OUR DANCERS UP FOR SUCCESS

- Our ultimate goal is to meet each student at their current mood, ability to attend and physical capabilities, among others.
- Dancers will attend each class with a buddy (parent, guardian, sibling, relative, friend, etc...)
- If a dancer is not ready to transition to group setting classes they can continue in a 1 on 1 setting

For more information on the program and it's founder Tricia Gomez please visit www.rhythmworksid.com

PROGRAM STRUCTURE

PRIOR TO START DATE

- Once you are registered online you will receive a detailed intake form from the instructor
- You will also work with the instructor to book your 1 on 1 time and Small Group times for your dancer
- The goal of the program is to use the principles of RWID alongside existing therapy sessions, bringing a new and exciting way to practice fundamental skills and build muscle strength

Weeks 1-3: 1 ON 1

- Depending on the students specific developmental goals he/she is currently working on, we choose the steps that match that goal
- There are 31 categories/ goals that RWID program can utilize to create a custom dance program
- In the early stages of the initial 10 week session our goal is to become familiar with the personality, goals, sensitivities and best practices for each student

Weeks 4-6: SMALL GROUP SETTING

- Building on the trust and familiarity established during the first three sessions with the instructor, dancers will transition to a small group setting
- Through Dance Games and Activities we are able to practice a multitude of social and life skills
- Rhythm Lessons help ground, calm and organize the brain while proving a clear & precise connection between movement and sound

Weeks 7-10: ALL TOGETHER

- While bringing together all participants registered in the session, we will continue to reinforce and challenge skills introduced during the early weeks of the program
- The intention of such a comprehensive dance program is to aid the brain in developing new neuro-pathways, to learn new skills and to make friends!
- Not only do we hope the group setting brings dancers together but it also allows families to make connections and get to know one another

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
- 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

QUESTIONS?

If you have questions about the program please email rhythmworks@dancemoves3.com

Registration can be done online anytime www.dancemoves3.com