

PRESCHOOL DANCE



- Development of gross motor skills - skipping, hopping, jumping, leaping
- Body awareness - balance, movement and isolation of body parts
- Spatial awareness - making shapes with the body and in group formations
- Listening skills - teacher based listening to directions
- Cooperation - with group members /teachers
- Self confidence
- Free expression and exploration of self
- Creativity
- Musicality

All skills are developed in a fun and creative environment with story exploration, games and small dance activities which are varied throughout the lessons. Dance assessments available and encouraged which are also taken in a free and relaxed environment.

Dance  Dynamics

Andrea Dalton

To Dance is to Dream ...