



CHOREOGRAPHY



SELF EXPRESSION



SPATIAL AWARENESS



TEAMWORK

This Month's Movement Concept

September's movement concept is **PLACE!**
We can dance **IN PLACE** or **AROUND OUR SPACE**.



Why Place?

Place is the very first concept we teach at the beginning of the dance season. When we explore the concept of **PLACE**, we discover our kinesphere, our bubble of personal space. We explore all the ways our bodies can move in our kinesphere **ON OUR SPOT** (non-locomotor movements) as well as how we can move our kinesphere **ALL AROUND** from one place to another (locomotor movements).

Exploring **PLACE** also allows the opportunity to develop our spatial awareness, which is one of our foundational skills.

Purposeful Practice

[Click here to see videos of what we are working on in class!](#)

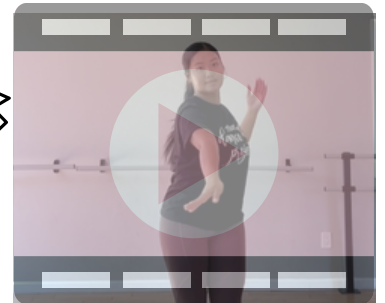
This year, we are sharing recordings of our choreography so you can work on our moves at home!

This gives you a little peek into what we do in class.

We hope this inspires you to practice with your little one!

Our teachers' focus will always be to create a fun, safe, and creative learning environment for our dancers to grow, learn and explore. The videos aren't meant to be high quality footage of class.

All children in the videos have photo releases



Need Labels for Your Child's Items?

Labels for Your Child's Belongings

Our company is fundraising with Mabel's Labels! They are personalized, durable, waterproof and dishwasher safe labels.

All funds go to teacher trainings, seminars and conferences to keep our team learning and growing!



Check out this article —> [Benefits of Dance For Young Children](#)

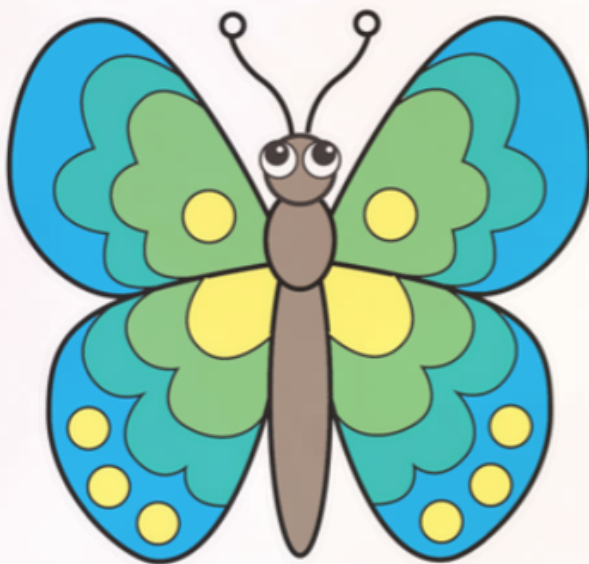
"When young children study dance they learn perseverance and self-motivation.... It is vital in a child's personal development that they learn the importance of trial-and-error and that, if at first you don't succeed, try and try again. The sense of success and accomplishment they will experience when they have mastered a complicated movement will encourage them to transfer this ambition into other aspects of life."

We're learning about...

GENERAL Space

Locomotor Movements

Walk	Run	Leap
Gallop	Slide	Jump



Explore at Home:

While in the car, think of some movements you can do while sitting.

Can you stretch your arms? Shake your legs? Bounce your shoulders? Wiggle your fingers?

Instead of walking from place to place, try exploring new and creative ways to get from one spot to the next.

PLACE

When we dance, we can dance on our spot (SELF Space) or all around the room (GENERAL Space).

Reflection:

Ask me to show you the non-locomotor movements below. Now ask me if I can do those movements all around the room.

"Can you do it? Let me see!"

SELF Space

NON-Locomotor Movements

Sway	Bend	Reach
Stretch	Shake	Grow

