



CHOREOGRAPHY



SELF EXPRESSION



SPATIAL AWARENESS



TEAMWORK

This Month's Movement Concept

November's movement concept is **LEVEL!**
We can dance **HIGH, MIDDLE, or LOW!**

Why do we explore LEVEL?

The concept of LEVEL leads to the development of many of our foundational skills. When we explore LOW level movements like slithering, bear walks, or crab walks we develop our core and upper body strength. With movements that cross our midline, such as crawling, we are improving the connection and coordination between both the right and left sides of our brain.

When we explore HIGH level movements such as leaping, jumping, and skipping, we develop our core and lower body strength as well as our balance. Moving from high level to low level and across the midline prepares our developing brain for future reading and writing.

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.

★ NEW VIDEO FOR
NOV & DEC



All children in the videos have photo releases

November Music

[Our favorite songs from this month](#) 

I bet your little ones will recognize some of these songs!



Skills to practice:

Leaping over teddy bears
Chasse and skips around the house
Eschappe jumps open and close
Arabesque - lifting one leg behind
Battement - high kicks with core engaged
Squat bounces - legs out and hands on knees



Check out this article [Why Is Dancing So Good for Your Brain?](#)

Dancing improves brain function on a variety of levels. Two recent studies show how different types of practice allow dancers to achieve peak performance by blending cerebral and cognitive thought processes with muscle memory and 'proprioception' held in the cerebellum

NOVEMBER MOVEMENT CONCEPT

We're learning about...

We can dance on three different levels.

LEVEL

High



Middle



Reflection:

Ask me to make a big shape on a low level.

How about making a small shape on a high level?

Low



Explore at Home:

Explore different ways to travel through space on each level. Incorporate different sizes in your explorations.

OCTOBER MOVEMENT CONCEPT

October's movement concept is **SIZE!** We can dance **BIG** or **SMALL!**

Why do we explore SIZE?

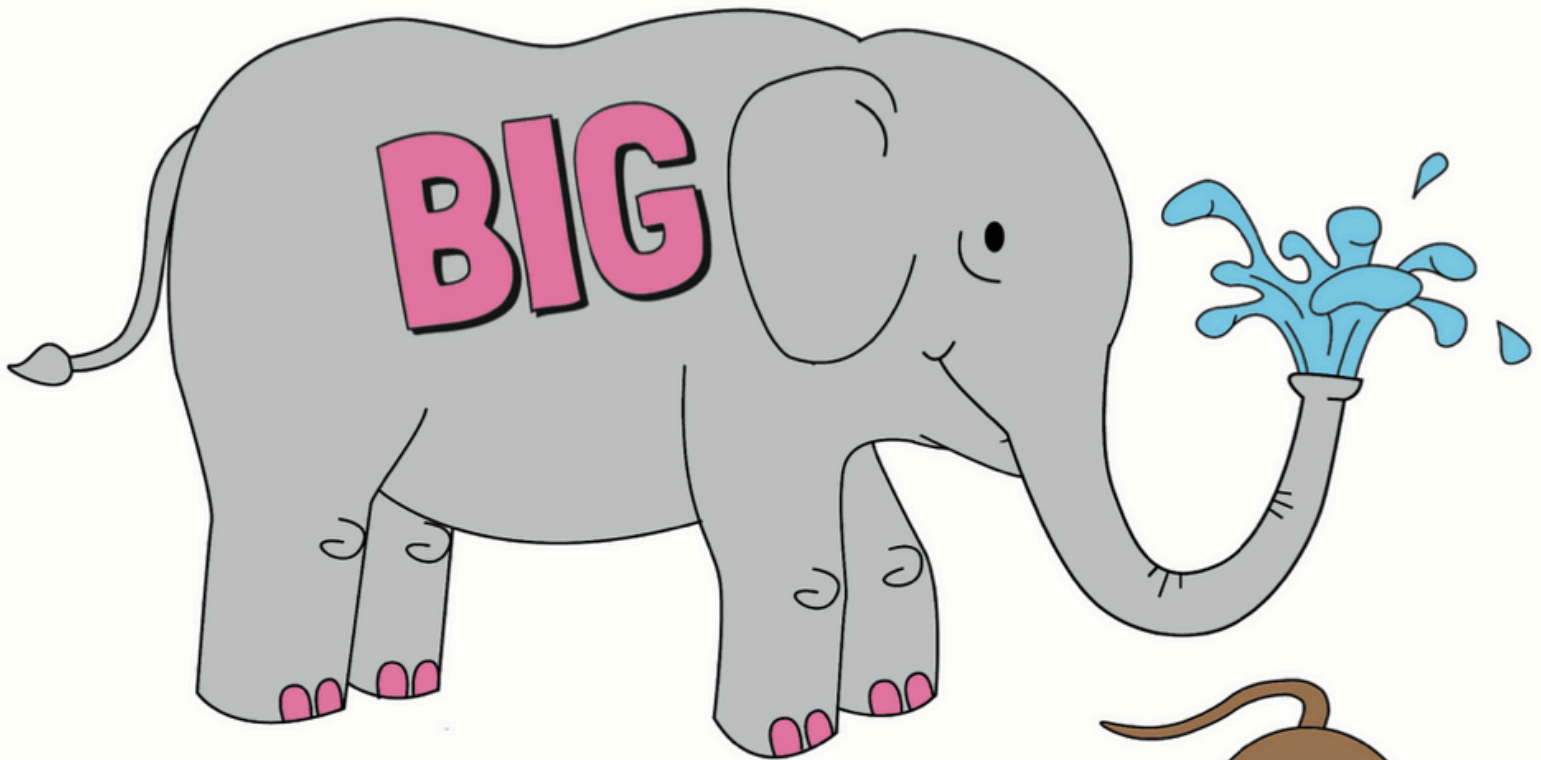
When we explore the concept of **SIZE**, we begin to understand our full body extension. We work on spine flexibility and core strength from curling into and moving in a small shape (that's our near reach) and stretching out and moving in a big shape (that's our far reach).

These discoveries lead to proper alignment in our dance training. We also continue to develop the vocabulary we started to build while exploring **PLACE** last month. We discover how big and small those movements can be.

We're learning about...

When dancing, we can move **BIG** like an elephant or we can move **SMALL** like a mouse.

SIZE



Reflection:

Ask me to make a shape as big as an elephant.

Ask me to make a shape as small as a mouse.

Explore at Home:

When you're watching your favorite movie together, curl up into a small shape or spread out into a big shape.



SEPTEMBER 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.

We're learning about...

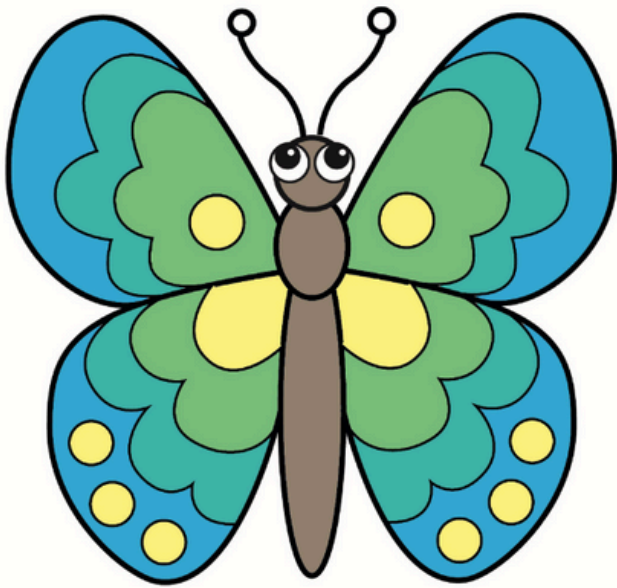
GENERAL Space

Locomotor Movements

Walk	Run	Leap
Gallop	Slide	Jump

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

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.

