

DANCEFIT



TEXAS A&M
AGRI LIFE
EXTENSION

LEADER IMPLEMENTATION GUIDELINES



- > LEARN DANCES
- > HAVE FUN
- > IMPROVE HEALTH



Here is a note from our first pilot program in Hidalgo County from the PE coordinator of McAllen ISD. The adapted pilot program was in their elementary and middle schools:

"Staff members and students enjoyed your pilot program in McAllen ISD this past year. I want to schedule you again for next year's in-service training."

Another note from a McAllen elementary PE coach:

"My students loved it; they asked to do the dances again the very next day. I was surprised that even the ones who didn't want to do it at first had the most fun."

> BACKGROUND & VISION

The 4-H Cooperative Extension Service created Dancefit from The University of Kentucky College of Agriculture, Food, and Environment to get youth moving! It teaches youth that physical activity can be fun. Youth learn easy dances, have fun, and improve their health.

> LEADER RESPONSIBILITIES

- The leader must have youth fill out a pre-survey before the program begins and post-survey at the end.
 - YouTube instructional videos will be available with a 75-80% pre-survey return rate
- Determine the start and end date for program implementation.
- Implementation of curriculum must be consecutive six-weeks
 - Only exception is during a holiday break

> SUPPORT MATERIALS

- Dancefit Curriculum
- Texas A&M AgriLife Dancefit YouTube instructional videos were created by Healthy South Texas Specialists Erica Reyes and David Leal along with Hidalgo County Extension agents and 4-H members
 - These dances are instructional videos for the Dancefit curriculum created by the University of Kentucky College of Agriculture, Food, and Environment, Cooperative Extension Service. Most of these dances are designed for music found on the following CD: Kidz Bop 22 (2012). Label: Razor & Tie. Due to copyright purposes, the music chosen for the demonstrational videos is Texas A&M AgriLife Extension approved.

> AGENT RESPONSIBILITIES

- Provide a leader training
- Aid and support for implementation leader(s)

> DANCEFIT CURRICULUM IMPLEMENTATION

Agents and their volunteers will decide how to handle the distribution of the curriculum. The curriculum may be included inside of the leader packet or emailed as a PDF file to participants.

Lessons must be completed in 6 consecutive weeks with the exception of a holiday.

- 6 Lessons
 - Heart Health
 - Flexibility
 - Balance
 - Strength
 - Endurance
 - Calorie Burning

Each lesson illustrates twelve core topics:

- Essential elements
 - Core curriculum lesson
 - Objective
 - Background information
 - Introduction
 - Activity list
 - Reflection
 - 'How to apply' questions
 - Potential partners
 - Examples on how to expand the lesson (i.e., nutrition lesson)
 - Volunteer/teen involvement
 - Supporting multi-country/district/state events.
- 19 Dances

> IMPLEMENTATION EXAMPLE

Focus on one lesson per week

- Choose 1 or 2 dances to review/ dance and perform them every day for the entire week.
- Move on to the next lesson for week two and choose 1 or 2 other dances to learn.
- There will be dances 'leftover' which you can choose to use if you revisit a lesson and continue for another six weeks.
- At the end of the six weeks, have each student fill out an evaluation form. If they are PreK students, answer the evaluation questions as a class and include the number of students per class.

The leader may choose any dance(s) based on time allowed and age group. Below are steps to take to ensure a proper demonstration of each dance:

- Go through each step to ensure proper movement:
 - For example, demonstrate Step 1, then practice as a group a couple of times. Next, demonstrate Step 2, practice as a group, and then combine steps 1 & 2. Practice a combination of Steps 1 and 2 a couple of times, and then go on to step 3. Go through the whole dance demonstrating each step, combining steps, and reinforcing proper technique.
- For more complex dances, teach a small piece and add it to it. Allow participants to practice the steps several times before adding them to the dance.
- Go through the dance without music and then with music
- Demonstrate proper form, especially for squats and lunges
- More tips in the curriculum booklet on page 5

> CLASS EXAMPLE

30 minute class

- Choose 1- 2 dances that have minimal or easy to learn steps:
 - Explain the objective at the beginning of class
 - 10 minutes for choreography overview
 - 3-4 mins. Dance with music
 - Water Break then demonstrate and practice 2nd dance (if applicable)

OR

- One dance that has more complex steps
 - 15 mins. Objective and step overview
 - 10 mins. Dance with music a few times
 - 5 mins. Water break

40 minute - 1 hour class

- Choose 2-3 easy to learn dances
- Choose 1 or 2 more complex dances
- Follow the instructions for 30 minute class

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