



DANCEFIT

GET YOUTH MOVING

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

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

~McAllen Elementary PE Coach

BACKGROUND AND 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 physical activity can be fun. Youth learn easy dances, have fun, and improve their health.

According to the Centers for Disease Control and Prevention (CDC), when you dance, your cardiovascular system improves, your muscle tone increases, and you burn calories. Dance also helps to increase flexibility, strength, and balance. Dancing can also help a person gain confidence. Dance allows creativity and helps to give motivation and energy. Developing self-confidence in dancing abilities will transfer to other aspects of life as well. Dancing lessons or dance groups are an easy, low-pressure way to meet people. Dancing also provides an enjoyable escape from the regular daily routine, plus a chance to relax, relieve stress, and concentrate on the joys of life (CDC, 2011).

IMPLEMENTATION AND RESOURCES

The Dancefit curriculum design allows for alignment with Physical Education TEKS in each lesson presented. The instructional leader has the flexibility to implement the curriculum in a six-week series and decide the number of dances to teach a week from a bank of dance choreographies. Dancefit contains six weekly lessons focused on Health Education: 1) Heart Health, 2) Flexibility, 3) Balance, 4) Strength, 5) Endurance 6) Calorie Burning. Each lesson illustrates twelve core topics: 1) Essential elements 2) Core curriculum lesson 3) Objective 4) Background information 5) Introduction 6) Activity list 7) Reflection 8) 'How to apply' questions 9) Potential partners 10) Examples on how to expand the lesson (i.e., nutrition lesson) 11) Volunteer/teen involvement 12) Supporting multi-country/district/state events.

Texas A&M AgriLife Dancefit YouTube instructional dance videos were created by Healthy South Texas Specialists Erica Reyes and David Leal, along with Hidalgo County Extension agents and 4-H members. Most of these dances synchronize with music found on the following CD: Kidz Bop 22 (2012). Label: Razor & Tie. Due to copyright purposes, the songs chosen for the demonstrational videos are Texas A&M AgriLife Extension approved (The song choices matched with the beats per minute from the recommended music). The Dancefit curriculum also provides an appendix section with additional supportive materials and program implementation suggestions.