

## How It Works

The local chapter of **USA Dance, Inc.**, serves as a liaison between the school and the National organization, providing training, materials, volunteers, assistance with funding for the program, and continuing dance opportunities for the students.

Participating schools determine the schedule of classes (usually a minimum of twice a week for six weeks). For each student group, at least one staff member is required to attend training and be present during instruction.

Based on a nationally recognized syllabus prepared specifically for **USA Dance Kidz**, the program provides an introduction to dances selected from:

- ◆ Merengue
- ◆ Foxtrot
- ◆ Waltz
- ◆ Swing
- ◆ Rumba
- ◆ Tango
- ◆ Mambo
- ◆ Cha Cha



## Let's Move!

By introducing basic skills, **USA Dance Kidz** opens the door to extended physical activity and continued education and recreation through clubs, teams and lessons. This is in line with *Let's Move!* the comprehensive initiative dedicated to solving the problem of obesity within a generation which was launched in 2010 by First Lady Michelle Obama.

- ◆ Afternoons are now spent with TV, video games, and the internet.
- ◆ Eight to 18-year old adolescents spend an average of 7.5 hours a day using entertainment media, including: TV, computers, video games, cell phones and movies.
- ◆ To combat the rising epidemic of obesity, experts recommend 60 minutes of physical activity five or more days a week.
- ◆ The hours from 3-6 p.m. are often called "The Danger Zone" for children.

*For assistance or more information, please contact:*

[usadancekidz@usadance.org](mailto:usadancekidz@usadance.org)

*Or visit us at*

<http://usadance.org/k-12/>

## USA Dance Announces



**Giving grade K-12 students  
the Gift of Dance**



## USA Dance, Inc

### Who We Are

**USA Dance, Inc.** is the National Governing Body for DanceSport in the United States and with more than 160 chapters throughout the country is also the representative organization for all social and recreational ballroom and Latin dancers in America, ranging in age from preschoolers to seniors.

Through local chapters, USA Dance Inc. organizes and fosters educational programs across the country about the healthful aspects of recreational ballroom dancing and dancesport, the competitive form of ballroom dancing. These programs emphasize physical, mental, and social benefits of dancing, and promote the development of dancing skills for people of all ages.

USA Dance is an Affiliate Member of the United States Olympic Committee (USOC) and is recognized by the USOC and the World DanceSport Federation (WDSF) as the National Governing Body for Dancesport in the United States.

To learn more about USA Dance and our mission and activities, visit us at [www.usadance.org](http://www.usadance.org)



Available as a curricular or extra curricular program, **USA Dance Kidz** is based on a highly successful program of dance instruction in schools pioneered in California. Now in its eighth year, it has grown to include more than 20 schools in Los Angeles, Ventura, and San Diego counties.

**USA Dance Kidz** provides students with:

- ◆ An introduction to an enjoyable life-long physical activity
- ◆ Skills which apply to both school and social settings
- ◆ An opportunity to excel

Partnered dance :

- ◆ incorporates auditory, visual, and kinesthetic modalities.
- ◆ fosters teamwork
- ◆ promotes mutual respect
- ◆ enhances problem solving skills
- ◆ develops listening and non-verbal communication
- ◆ improves memorization
- ◆ builds self-esteem.

### School and Dance

The goal of Physical Education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

The **USA Dance Kidz** program:

- Meets National and State Standards for both Physical Education and Performing Arts.
- Opens the door to a rewarding life-long activity both socially and competitively.
- Provides skills and support for the "Let's Move in School" initiative



### Dance in the Classroom

Lessons learned in dance can find application in other disciplines, providing both information and experiential learning in a wide variety of subject areas, including:

*Social Studies (History, cultural studies)*

- ◆ *World Language*
- ◆ *Science*
- ◆ *Math*
- ◆ *Literature, Language Arts*
- ◆ *Music, Theater*