

## Lunchtime dance class: the positive impact of dance on school age children

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### Abstract:


Dance Academy was a project developed to give children an opportunity to experience dance as an extracurricular activity imbedded into their school day. This six-week program involved a group of twenty 2nd grade students that met twice a week, on Tuesday and Thursday, during the forty-five minute lunch period. During this time students were introduced to different genres of music and dance. Anecdotal notes, video documentation, and surveys were used to measure the success of this project. The data suggests that while attending Dance Academy, classroom teachers noticed an improvement in students' behaviors as well as their motivation to work hard and behave as model students in their classrooms and school community. Dance Academy also provided an opportunity for students to socialize with students beyond their own classrooms and with whom they shared a common interest in dance. Moreover, by participating in dance students were provided with a form of physical activity that has variety and can be enjoyable throughout their lives.

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