



## Benefits to the Students Involved in a Dance Program

By Debbie Byrd

1. Dance is a discipline, making the student practice and work on a desired goal and technique.
2. The study of dance elements, such as movement time, sound, pattern, form, space, rhythm, shape, and energy are concepts underlying other subjects.
3. A student studying dance develops an aesthetic appreciation for the expressive value of movement.
4. Dancing gives the student an opportunity to work with others, developing teamwork, cooperation, and sense of *belonging*.
5. Dancing, like any other subject, provides the potential for feelings of success and the desire to improve.
6. Dancing provides an opportunity for performance, a sharing experience, either as a participant or as an audience member.
7. Dance is discovery. Working creatively, a student explores the mind and body. The student is allowed to make an individual statement - a discovery of self.
8. Dancing involves the *total self*. It requires concentration and thought, feeling and emotion.
9. Dance is a physical activity. Like sports, dance requires efficient utilization of movement and emotion.
10. Dance provides responsibility training by virtue of being part of a team. At the same time, it permits the student the freedom to enhance his creative sense in his individual interpretation of the dance.
11. Dance encourages effort. Students try and take risks without feeling awkward.