

<p><b>Enrichment Area Name &amp; Additional Information</b></p> <ul style="list-style-type: none"> <li>• Select 2 to 4: Arts &amp; Culture, Enhanced Health and Wellness, Sports, STEM.</li> <li>• Should be ongoing</li> <li>• Special areas of interest to children</li> <li>• Help children acquire &amp; master new skills</li> <li>• Strong expertise (in-house &amp; external services)</li> </ul>	<p><b>Enrichment Area Description (include thinking/instructional methods and EBP if applicable, purpose, what participants are expected to learn, &amp; adaptations for special populations)</b></p> <ul style="list-style-type: none"> <li>• Half instructional (thinking)</li> <li>• Half experiential (doing).</li> <li>• At least one must integrate physical activity</li> <li>• Can integrate academic component (reading, writing and mathematics)</li> </ul>								
<p><b>Enrichment Area 1</b></p> <p><b>Category: Arts and Culture</b></p> <p><b>Sub-Category: Arts and Culture - Dance</b></p> <p><b>Name: Dance</b></p> <table border="1" data-bbox="90 992 777 1305"> <thead> <tr> <th># times (week/month)</th><th>Intensity (minutes)</th><th>Duration (weeks)</th><th>Participants (All or subset)</th></tr> </thead> <tbody> <tr> <td>3</td><td>90</td><td>36</td><td>all</td></tr> </tbody> </table>	# times (week/month)	Intensity (minutes)	Duration (weeks)	Participants (All or subset)	3	90	36	all	<p>Our dance enrichment activity is led by the master dance instructor [title must be in staffing table!!] in a variety of dance styles, including hip-hop, ballet and ballroom dancing. Our program conducts annual parent and youth surveys on the satisfaction of our programming as well as what additional supports we can provide. Our dance activities continue to be a favorite for both parents and youth with over 95% reporting it as their favorite activity.</p> <p>The goal of the dance enrichment activity is for children in our program to gain specific dance skills in their chosen dance style as well as perform at an end-of-year parent performance. When asked for areas to improve in dance, majority of youth reported being able to choose the dance style they use in the end-of-program performance and that feedback is now incorporated in our program design, so they will select from hip-hop, ballet and ballroom as one of three styles they can learn choreography for.</p> <p>Our dance enrichment area includes the following key areas:</p>
# times (week/month)	Intensity (minutes)	Duration (weeks)	Participants (All or subset)						
3	90	36	all						

1) Curriculum/EBP: Our dance program utilizes the National Association for the Arts dance standards for elementary school and the master dance instructor is certified in that curriculum.

## 2) Program design

Instructional: the master dance instructors will teach children the dance styles and dance positions as well as the history of that dance area. This instructional section will include project-based learning to help children to learn more about dance styles and their examples in pop culture and history. Youth will all learn the basics of each dance style (hip-hop, ballet, ballroom) for the first month, then have the option to rotate into a specific dance area of their choosing.

Experiential: all children will learn actual dance choreography for each dance style of their choice and will design as a team a group performance that incorporates their selection of story, song and dance moves. We will also have guest dancers from each field visit the program and demonstrate their professional skill sets.

3) Materials: All youth will be given the necessary equipment for them to perform in their select dance style. Ballet shoes will be donated by our

partners at Dance Shoes Inc (included in a partners table) for all low-income children. Additional materials include supplies to make props for the dance routines/

4)Accommodations for youth with disabilities: all youth complete a getting to know me form at intake and it includes questions on accommodating activities for all levels of youth with physical and mental disabilities. In the past, accommodations included additional break-time for children with autism and access to a quiet space when needed, as well as making changes to dance moves to accommodate youth with physical disabilities such as modified movements.

5)Youth Voice and Choice: all youth will have the opportunity to select a dance style to learn more advanced movements after they complete an introduction to all the dance styles. Additionally, youth will have the opportunity to make open-ended choices throughout the program including research movies that utilize the dance style (ballet, hip-hop and ballroom dancing) they selected for their project based learning deep dive.

5)Social Emotional Learning: Our dance enrichment activity embeds social-emotional learning into each activity and focuses on improving youth communication, emotional regulation, fostering teamwork, promoting youth leadership, youth interests, and supporting plans and goals. Since the activity ends in a youth-led performance, it also includes a

milestone that youth can work towards over the course of the afterschool program, with multiple opportunities for exploratory engagement.

6) Academic integration: throughout the activities, master dance instructors will encourage youth to write about what they learned, research and read about different dance topics as well as speak publicly in groups about their lessons. This will reinforce reading, writing and study skills they learn in the school-day.

#### **Screenshot of the activity in Trust Central**

Activity	Activity Details
<p><b>Population:</b> Elementary School (K-5 grade)</p> <p><b>Timeframe:</b> School Year</p> <p><b>Activity Area:</b> Arts and Culture</p> <p><b>Activity:</b> Arts and Culture - Dance</p> <p><b>Activity Name:</b> Dance</p> <p><b>Participant Expected in Activity</b> <span data-bbox="623 669 813 709">All Participants</span></p> <p><b>Evidence Based Program (Optional)</b></p>	<p><b>Activity Description:</b> Our dance enrichment activity is led by the master dance instructor [title must be in staffing table!] in a variety of dance styles, including hip-hop, ballet and ballroom dancing. Our program conducts annual parent and youth surveys on the satisfaction of our programming as well as what additional supports we can provide. Our dance activities continue to be a favorite for both parents and youth with over 95% reporting it as their favorite activity. The goal of the dance enrichment activity is for children in our program to gain specific dance skills in their chosen dance style as well as perform at an end-of-year parent performance. When asked for areas to improve in dance, majority of youth reported being able to choose the dance style they use in the end-of-program performance and that feedback is now incorporated in our program design, so they will select from hip-hop, ballet and ballroom as one of three styles they can learn choreography for. Our dance enrichment area includes the following key areas: 1) Curriculum/EBP: Our dance program utilizes the National Association for the Arts dance standards for elementary school and the master dance instructor is certified in that curriculum. 2) Program design Instructional: the master dance instructors will teach children the dance styles and dance positions as well as the history of that dance area. This instructional section will include project-based learning to help children to learn more about dance styles and their examples in pop culture and history. Youth will all learn the basics of each dance style (hip-hop, ballet, ballroom) for the first month, then have the option to rotate into a specific dance area of their choosing. Experiential: all children will learn actual dance choreography for each dance style of their choice and will design as a team a group</p>