



WHO, WHAT, WHERE, WHEN, AND WHY

- Students with Intellectual, developmental, and learning disabilities
- To provide a fun, extracurricular, low-impact form of physical activity while improving motor skills, confidence, and socialization.

45 minutes, once a week
8 students per class maximum

Each class will follow the same sequence to
maintain a sense of predictability while learning
new things

THE BENEFITS

Repeated practice in enjoyable dance programs where visual, verbal, and kinesthetic perceptions can be heightened may help children with Down syndrome, Autism, and other developmental disabilities to consolidate this knowledge in order to support their movement in the performance of motor tasks. Dance improves the motor skills of children with developmental disabilities more than a traditional program that focuses on gross-motor skills. The concepts of space, time, and energy can provide a framework where the children can learn through movement. Movement is an accessible environment for children to explore and learn.

STRUCTURE: warm-up, concept, rhythm, repetition of skills, improvisation, and cool-down.

REQUIREMENTS FOR ENROLLMENT: Students must “potty” trained in order to participate and have proper medical release if secondary conditions exist in order to create a safe environment for all.

CURRICULUM: Using Laban’s movement fundamentals the students will explore aspects though an individual and group focus, elements of partnering, patterning, and rhythm.

DRESS CODE: Traditional dance attire (leotard, tights, ballet shoes, etc.) OR clothing that is easy to move in, whatever meets one’s sensory needs

Instructor: Cassidy Negri is a native of Zelienople, Pennsylvania. Cassidy is earning her Master of Science Degree in Adapted Physical Activity at Slippery Rock University. She graduated with a Bachelor of Fine Arts Degree in Dance and a minor in Adapted Physical Activity in May 2018. From professional development through an array of dance opportunities at Slippery Rock University, I have had the chance to see many aspects of the world of performing arts and gain a deeper understanding of how movement can be used to improve the lives of those with physical and developmental limitations. For more information check out Cassidy’s professional dance website <https://canegri2552.wixsite.com/website>