

Cedar School Presents

A Kindergarten and First Grade Family Dance Event

Date/Time: March 8 and 9, 2023 4:30 to 5:30 p.m.

Location: Cedar School Gymnasium



What: Cedar School Physical Education Cultural/Folk and creative dance for students and parents

You are cordially invited to a dance exhibition with opportunities for audience dance participation at the Cedar School gymnasium on Wednesday, March 8 for kindergarten and Thursday, March 9 for first grade - both events will be held from 4:30 to 5:30 p.m.

If you and your child would like to attend and you have an updated CORI on file in the district, please respond to the invitation that will be shared out with families next week. Please know that we must limit participants to 100 to provide dancers with space for safe and successful movement. The program will begin with students performing a creative dance and a cultural dance. Mr. Langton will introduce and provide instruction on the subsequent dances. During these dances any parent or student may participate (see pp. 2-4).

Why do students dance in Cedar School physical education?





Our student learning goal is for dance learners to



- Relate their body movements to music
- Dance with a partner and a group and relate to their movements
- Understand a culture
- Express feelings and emotions through movement
- Develop creativity by creating movements that tell a story
- Understand that dance can be enjoyable, improve fitness (cardiorespiratory endurance), reduce stress, and allow you to interact and connect with people

At Cedar School students participate in three basic types of dance: creative, cultural/folk and social. In creative dance, children create or select movements and sequence them for a dance segment or a complete dance. In cultural dance, students learn dance movements and gain an understanding of people’s heritage, traditions, and the place the dance originates. Some refer to cultural dance as folk dance. Many social dances come from popular culture and popular songs (e.g., fad or novelty dances such as the Hully Gully, the Macarena, the Electric Slide, the Mashed Potato, the Pony, the Cupid Shuffle, and the Floss). These dances represent a particular cultural period in time.

Kindergarten Dance Afternoon




March 8, 2023 4:30 to 5:30 p.m.

PP (Parent/Adult Participation)		
Time	Dance Type	Description
4:35 – 4:45	Creative Dance 	Dance of the Life Cycle of the Butterfly – Dance through general space
4:45 – 4:55 PP	 Cultural Dance	Danish Dance of Greeting
4:55 – 5:05 PP	Folk Dance  Cultural Dance	Pandoga (Ghana) and Bongo. Circle dance
5:05 – 5:15 PP	Creative Dance 	The Add on machine – repeating machine like pattern

<p>5:15 – 5:25</p> <p>PP</p>	<p>Folk Dance - Partner</p> 	<p>Heel and Toe Polka (Czech Republic)</p>
<p>5:25 – 5:30</p> <p>PP</p>	<p>Creative Dance</p> 	<p>Amphibious – dance to a changing tempo</p>

First Grade Dance Afternoon

March 9, 2023 4:30 to 5:30 p.m.

PP (Parent/Adult Participation)		
Time	Dance Type	Description
<p>4:35 – 4:45</p>	<p>Creative Dance</p> 	<p>Dance of the Life Cycle of the Sea Turtle</p>
<p>4:45 – 4:55</p>	<p>Folk Dance</p> 	<p>Fjaskern (Sweden) – Groups of 12, partner dance</p>
<p>4:55 – 5:05</p> <p>PP</p>	<p>Folk Dance</p> 	<p>Seven Jumps Denmark – large circle dance</p>

<p>5:05 – 5:15</p> <p>PP</p>	<p>Folk Dance</p> 		<p>Chimes of Dunkirk – groups of 12, partner dance</p>
<p>5:15 – 5:25</p> <p>PP</p>		 <p>Folk dance</p>	<p>Baztango Esku Dantza (The Hand dance) – Folk dance with a partner</p>
<p>5:25 – 5:30</p> <p>PP</p>		<p>Social-Folk Dance</p>	<p>The Conga – matching dancers’ movements in a line</p>