

DESTINED TO DANCE

Bringing Ballroom & Latin to young people



The English Amateur Dancesport Association (EADA) have, by popular demand, relaunched their programme: "Destined to Dance" to combine the skills of school teachers with the expertise of our dance teachers, to encourage young people to learn to dance. Schoolteachers attend a one-day seminar taught by Professional dancers to learn a basic Ballroom & Latin dance course which they can teach to children as part of the curriculum. They will then receive support to help them deliver this course, all for a modest £10 fee.

As the recognised Governing Body of Dancesport we are keen to encourage more young people to try dancing. We are concerned by repeated reports of obesity amongst young people, particularly amongst Key Stage One Primary pupils. Encouraging children to take part in dancing can help to alleviate this; the Change for Life scheme are actively promoting dance as a form of exercise. We are also concerned that nationally not enough young people are encouraged to start Ballroom and Latin American dancing. A recent survey by YouGov showed 89% of adults don't dance, with 21% feeling too self-conscious and 23% believing they have two left feet.

Lifestyles are becoming increasingly sedentary—not enough people are taking exercise and more people are enjoying music without combining it with movement. Dance is an excellent and enjoyable form of exercise and can also help improve co-ordination, balance and posture as well as teaching children discipline. We want to encourage children to try dancing, have fun doing it and feel a sense of achievement. In 2005 Trinity LABAN began a study of the effects of dance on 350 11-15 year olds: it was demonstrated that dancing increased their physiological health and led to improvements in psychological well-being.

The previous phase of the project, "Born to Dance", ran from 1999-2009 and we were delighted to teach dance to over 100,000 primary school children. Many have taken an ongoing interest in the activity and one girl, went on to become a Juvenile and then a Junior British Champion.

NHS statistics for 2010 show that in reception (age 4-5yrs) 23% of children measured were overweight or obese and in year 6 (age 10-11yrs) 33% were overweight or obese.

Aim:

To encourage more people to learn Ballroom and Latin American dancing and thereby take more exercise, through an attractive scheme which is affordable and easy to implement.

Objectives:

- To provide an enjoyable route to fitness
- To promote good posture and improve coordination
- To promote achievement through personal discipline of practice and attendance
- To foster friendly competition and team spirit
- To help children of different sexes and cultures communicate with each other

How does it work?

EADA organise a one-day training course for school teachers who are shown by a local qualified dance Professional how to teach a six week starter course in Ballroom & Latin dance. The teacher can teach the classes as part of the national curriculum or as after school clubs. Any children who wish to take their interest further can contact the dance Professional at the local dance school.

EADA can supply a detailed syllabus which has been designed by dance Professionals, who have great experience in this area. All those attending the course will receive a certificate of attendance. We can then provide guidance notes and local support as the schoolteacher delivers the course.

We can also help with asking dancesport Professionals to teach after-school clubs during term-time and/or during the holidays. Young Amateur couples on the EADA coaching scheme could assist the Professionals and help inspire the children. All of the Professionals that we recommend and the Amateur couples that may assist them have been CRB checked. EADA also has a child protection policy approved by the NSPCC and a dedicated child protection officer in case of any concerns.

What do I have to do to get involved?

As a school teacher: If you are interested in being taught the course in Ballroom and Latin or asking a dance Professional to run a club at your school, contact Alan Homer and he will put you in touch with a dancesport Professional. You will then be able to arrange times that suit both parties.

As a parent: If you are interested in a dance Professional teaching a club at your child's school ask the teacher or PTA representative to contact Alan Homer and he will put you in touch with a dancesport Professional. You will then be able to arrange times that suit both parties.

As a dance Professional: If you are a qualified Professional dance teacher or Amateur dancer on the EADA Coaching Scheme and you would be interested in being involved in the initiative, contact Alan Homer and he will advise if there are vacancies in your area.

Contact Alan: destinedtodance@eada.org.uk 01202 752908

How much does it cost?

If you are a teacher wishing to attend the seminar to learn how to teach the six week course, there is a small administrative charge of £10 which is payable to EADA. Our experienced volunteers are available to offer help and advice at all times free of charge. If you would like a Dancesport Professional to teach an after-school class at your school you will have to pay the hourly rate of the teacher, which would need to be arranged by the individual.

Why Ballroom & Latin?

- "Dancesport" has been recognised as an Olympic sport since 1997, so teaching ballroom & Latin can also have a connection to the 2012 Olympics.
- Ballroom and Latin have become increasingly popular with audiences of over 11 Million watching "Strictly Come Dancing".
- There is a well-established network of dance schools, medal exams and competitions for those who wish to take their interest further.
- Partner dancing has the added benefit of teaching interaction skills.
- Ballroom dancing has an interesting, international history, which could also be part of a learning project for children.

"Born to Dance had huge success and we are convinced that with the co-operation of schoolteachers and Professional dance teachers we can succeed in this new initiative. Together we can help tackle the problem of childhood obesity and show that children are destined to dance."

David Corfield, EADA President



The medical benefits of Ballroom dancing:

- *exertion and breathing rates of dancesport athletes performing a single dance are the same as cyclists, swimmers and 800m runners over the same two minute period - University of Freiburg study in 1986:*
- *the level of fitness of championship dancesport competitors is the same as Olympic decathletes: a dancer performing a two minute Viennese Waltz experiences the same exertion level as that experienced by an Olympic 100m hurdler - University of Oxford 1988*
- *dancesport is comparable with other sporting activities such as basketball, squash and cross country running with dancers performing at over 80% of their maximum oxygen consumption level and burning up at least 300 calories per hour (Blanksby & Reid, 1988 British Journal of Sports Medicine, Vol 22, Issue 2, 57-60*
- *elderly people who dance frequently have a 76% lower chance of developing dementia - New England Journal of Medicine in 2003*

"A class as part of the PE lesson is the best way of getting children into dancing, boys might not be tempted by the idea of an after school club but they have to go to their PE class. It's also been a good way to reach out to ethnic groups who might not normally try Ballroom and Latin."

"When dance was added to the curriculum many teachers did not know what to teach and just had contemporary dance. Around 30 schools in my local area contacted me asking for help. Alongside the teachers, we provide a one hour class in Ballroom and Latin for the children each week and we've now taught over 2,000 children. Strictly has definitely helped make Ballroom and Latin more appealing for them."



About EADA www.eada.org.uk

The English Amateur Dancesport Association is a not-for-profit organisation, which acts as the voice of amateur dancers: representing competitors' interests in domestic matters; providing members with administrative support and resources, and subsidising training. EADA also aims to raise the profile of dancesport and encourage dancing at a grassroots level through schemes such as Destined to Dance.

EADA caters for all abilities and ages and covers a variety of dance styles – Ballroom & Latin American, Formation Teams, Sequence, Freestyle and Disco and is affiliated to the national associations for Rock n Roll and Wheelchair dancing.

EADA maintains the national charts in Ballroom, Latin and Sequence dancing and administers the amateur coaching scheme. EADA has advised dance organisations on changes in regulations including health & safety and child protection, and has provided couples for numerous high profile dance demonstrations. EADA is recognised by Sport England, UK Sport, the National Olympic Committee and the World Anti Doping Association.

We provide members with personal accident insurance, EADA publications and discounts with certain retailers. For membership enquiries contact: membership@eada.org.uk and see www.eada.org.uk

Alan Homer is an Amateur dancer associated with EADA, who has been involved in the project to encourage more school children to learn Ballroom & Latin since 1999.

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