

What Happens In Dance Class?



Dance is an activity for boys and girls. There are many types of dance, like ballet, tap dance, jazz, hip hop, and ballroom dancing. I can pick the type of dance that I like the most. Dance class can happen after school, or on a Saturday or Sunday. It usually goes for 30 to 60 minutes. It usually happens at a dance studio near my house.

When I go to dance class, I wear comfortable clothes that let me move freely. For some types of dance, I might wear special clothes or shoes, like tap shoes or ballet slippers.



There is a teacher at dance class who teaches the dance steps and helps the students know what to do.

There may also be teacher helpers who can help the dance students. When I get to dance class, I say hello to the teacher. The teacher says hello back to me and might ask me a question, like “how are you?”

My dance teacher is friendly; everyone feels welcome in the class.



When it is time to start, the teacher reminds us about the class rules. Then we begin with a warm-up to get our bodies ready for dance. There is usually music at dance class. I listen and feel the music. I practice moving my body to the beat. Sometimes we have a buddy who we practice dance skills with.



If I don't want to dance, I can do other things. I might be able to help my teacher clap the beats of the dance steps or push start and stop on the music player.



**For more stories and information on making dance accessible for everyone
please visit : www.allplaydance.org.au**



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