



1-2-3, Move With Me is an arts education program designed for elementary students in grades 1–5 that uses dance and movement as an embodied approach to learning. Rather than treating dance as separate from the classroom, movement becomes a bridge for exploring academic ideas through doing, creating, and physical discovery.

Movement practices may include Creative Movement, Jazz, Hip Hop, traditional Chinese dance, and Modern dance vocabulary, with connections to Math, English Language Arts, Science, Social Studies, Geography, Visual Arts, and Social and Emotional Learning. Originally developed as a short-term residency, the program is designed to grow into a sustained model in which concepts can be introduced, revisited, and developed over time.

HOW MOVEMENT CONNECTS TO LEARNING

CREATIVE MOVEMENT Shape • Space • Energy Improvisation • Problem Solving Math • Science • ELA • SEL	TRADITIONAL CHINESE DANCE Storytelling • Symbolism Culture • Expressive Movement Social Studies • Geography • Math • Science •	JAZZ & MODERN Rhythm • Musicality • Coordination Patterns • Spatial Design Math • Music • History • ELA	HIP HOP Rhythm • Community Self Expression • Storytelling ELA • Math • Social Studies • Music
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BENEFITS

FOR STUDENTS Embodied Learning & Academic Connection Students experience academic concepts through their bodies, creating another pathway for understanding. Creativity & Problem Solving Movement challenges invite students to make choices, experiment, solve problems, and discover multiple approaches. Physical Literacy & Body Awareness Students develop coordination, balance, rhythm, spatial awareness, motor skills, and body awareness. Engagement & Retention Physical experiences give students an active way to explore and revisit concepts while supporting engagement and memory. Self Expression & Confidence Creative movement, improvisation, and dance support communication, artistic choice, and confidence. Collaboration & Communication Partner and group activities strengthen listening, cooperation, observation, communication, and shared problem solving. Cultural Awareness Culturally rooted dance forms introduce ways movement can communicate history, traditions, stories, and identity.	FOR TEACHERS & SCHOOLS Another Pathway to Learning Educators gain an additional way to approach academic concepts through movement and kinesthetic learning. Cross Curricular Connections Dance can reinforce Math, Science, English Language Arts, Social Studies, Geography, and other curriculum areas. Support for Different Learners Embodied learning creates another entry point for students who respond strongly to physical, visual, creative, or experiential learning. Support for Social and Emotional Learning Movement encourages self awareness, confidence, cooperation, responsible decision making, and relationship building. Sustained Arts Engagement A longer-term model allows skills and concepts to be revisited, expanded, and scaffolded throughout the academic year. School and Arts Partnership Teaching Artists work alongside the school community to respond to grade-level needs while connecting students with professional artists.
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SKILLS THE PROGRAM FOSTERS

Creative thinking & problem solving • Physical coordination & motor development • Spatial & body awareness • Sequencing & pattern recognition • Communication & collaboration • Active listening & observation • Self expression & confidence • Cultural awareness • Academic engagement • Social & emotional development

1-2-3, Move With Me transforms movement into a pathway for discovery—helping students see, hear, create, and physically embody learning.