



Dance and Culture: A Lecture and Demonstration Series is an engaging arts education program designed primarily for middle school students, though it has also been successfully implemented in high school settings. This dynamic program weaves together physical dance practice and cultural exploration, offering students a well-rounded experience that not only enhances their movement vocabulary but also deepens their understanding of the world around them.

HOW THE PROGRAM WORKS

The program can be adapted to fit two to five weeks of in-person instruction. Depending on program length and school needs, students may explore a selection of genres such as Tap, Jazz, Modern, Hip Hop, and traditional Chinese dance. Each style is introduced through its cultural background and historical significance, allowing students to see how dance reflects identity, tells stories, and preserves community traditions.

The experience concludes with a final presentation where students share their research and perform choreography inspired by what they have learned. Informed teaching artists lead classroom instruction with care, respect, and a commitment to honoring each form's origins. Program content may vary by campus to support different schedules and classroom needs.

MOVEMENT

Students experience dance forms physically.

CULTURE

Each style is grounded in cultural and historical context.

RESEARCH + PRESENTATION

Students share learning and perform inspired choreography.

BENEFITS

FOR STUDENTS

Cultural Awareness & Empathy

Students gain insight into values, histories, and lived experiences of different cultures, cultivating empathy, respect, and appreciation for global diversity.

Physical Literacy & Coordination

The physical component enhances motor skills, rhythm, balance, spatial awareness, and body coordination, contributing to fitness in a joyful, non-competitive environment.

Creative Expression & Confidence

Dance empowers students to express themselves creatively and build self-esteem through movement, performance, and improvisation.

Critical Thinking & Historical Understanding

Students explore the roots and evolution of dance forms, analyze cultural phenomena, ask meaningful questions, and engage in thoughtful discussions.

Collaboration & Communication

Dance involves group participation, encouraging teamwork, active listening, and clear communication among peers.

Interdisciplinary Connections

The program connects dance to history, social studies, music, and language arts, reinforcing the arts as part of holistic education.

FOR TEACHERS & SCHOOLS

Classroom Enrichment

An enriching supplement to traditional classroom learning that helps educators incorporate culturally responsive pedagogy and kinesthetic learning strategies.

Support for SEL Goals

Dance and movement naturally support Social and Emotional Learning objectives, including self-awareness, responsible decision-making, and relationship-building.

Professional Development Opportunities

Teachers collaborate with teaching artists, learn about different dance traditions, and explore new ways to engage students.

School Culture & Inclusivity

The program contributes to a more inclusive school environment by celebrating diverse backgrounds and encouraging every student to feel seen and valued.

SKILLS THE PROGRAM FOSTERS

Cultural literacy • Physical coordination & motor development • Creative thinking & problem-solving • Social-emotional intelligence • Teamwork & collaboration • Active listening & observation • Discipline, focus & perseverance

Ultimately, Dance and Culture: A Lecture and Demonstration Series helps young people build bridges across cultures, understand the significance of art in society, and discover the joy of learning through movement.

Bring this cultural journey to your students