High Five Fitness

Educator Guide

*Enriching the lives of children and promoting creative learning by uniting arts and education.*

### About the Program

High Five Fitness is a high-energy dance class that reinforces health and science curriculum as students learn the 5 pillars of physical fitness: strength, endurance, flexibility, cardiovascular health and agility. Two professional dance teachers and a live musician from Art Sparks teach students the compositional elements of choreography and music while stressing that fitness should be an important part of daily life. Encouraging energy and excellence are at the heart of any Art Sparks class. The teaching artists reinforce the organizations “core four” principals throughout the workshop: work hard, do your best, never give up, and be fit.

### Objectives

1. **Demonstrate** movement skills, focus and kinesthetic awareness in a dance rehearsal.
2. **Develop** a sense of personal discipline in rehearsal and performance processes.
3. **Articulate** an understanding of several ideas or images communicated by dance.
4. **Discuss** how dance relates to and enhances the study of other content areas.
5. **Understand** the benefit of a proper warm up for preparation and safety in exercise.

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**Content Standards**

**Physical Education**

Demonstrate locomotor skills with control, coordination and balance in active play.

Participate in active play exhibiting strength and stamina.

Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Dance**

Identify and apply dance concepts and processes to communicate meanings, moods and ideas in personal and collaborative dance works.

Demonstrate kinesthetic awareness and understanding of dance concepts when inventing solutions to creative and technical movement changes.

Improvise, create and perform movement phrases with concentration and kinesthetic awareness in personal and shared spaces.

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[www.arts-inspiredlearning.org](http://www.arts-inspiredlearning.org)
The teacher could prepare the class by setting classroom expectations regarding teamwork, attention to the artistic team and the value of artistic experiences. Basic dance concepts such as the physical, cognitive and social benefits of dance could also be stressed.

Teachers could use the choreography learned to reinforce sections of the curriculum. For example, the cardiovascular section of the dance could be used to reinforce prior to a test or as a review. Teachers could also use dance/choreography to invigorate students both physically and cognitively between long periods of sitting. Students will enjoy remembering what they have learned and making connections with their academic content.

**Vocabulary**

**Heart Rate:** The number of heart beats per unit, as expressed by beats per minute  
**Cardiovascular:** Of and relating to the heart and blood vessels  
**Strength:** Muscularly strong, able and possessing bodily vigor  
**Endurance:** Stamina, the ability to endure despite fatigue  
**Nutritional Guidelines:** A set of guidelines providing evidence based on nutrition information for optimal health

**About Art Sparks**

**Art Sparks** is an educational outreach program that reinforces core academic content through the art of dance. The mission of **Art Sparks** is to engage participants through movement and music and to strive for excellence by embedding a lifelong quest in each individual to reach their full potential. Founded on the belief that the arts play a vital role in fostering the creativity and self-confidence necessary to become a productive citizen. **Art Sparks** classrooms encourage children to develop discipline, a standard of excellence, and a belief in themselves that carries over into all aspects of their lives.

**Resources**

Action for Healthy Kids  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
Alliance for a Healthier Generation  
[www.healthiergeneration.org](http://www.healthiergeneration.org)  
The Latest TechKNOWLEDGEy on the Web  
[www.4kids.org](http://www.4kids.org)

**About the Center for Arts-Inspired Learning**

Through a balance of demonstration and audience participation, the Center for Arts-Inspired Learning teaching artist performances and workshops introduce students to an art form, support various curricular areas, and inject excitement and wonder into the school day.