

Course: DNCE 449 Dance Pedagogy: Children and Youth

Community Profile: Children aged 3-5 years

Compiled by: Elena, Sarah, Janelle

THE PEOPLE (who)

Population: Children aged 3-5yrs

Developmental characteristics

- **Physical profile and development**
 - Physical development slows from rapid growth during infancy.
 - Will gain 3-5lbs a year and have a complete set of baby teeth.
 - Will grow approximately 8cms a year.
- **Sensory and motor development**
 - **Gross motor:** Develop more large muscle movement.
 - **Balance:** Use an en bloc balance strategy (head and trunk must face same direction) and can balance on one foot (by age 5, can hop on one foot).
 - **Axial movement:** Can bend/stretch, reach, turn, twist, jump in place.
 - **Locomotor movement:** Can walk/run/march, gallop forward and sideward, move forward and backward easily. By age 5, many can skip.
 - **Throwing, catching, and kicking:** Can throw, kick, and trap an object against the chest. By age 5, can toss a ball in the air and catch it.
 - **Climbing:** Most alternate feet when going up stairs. Can move up and down stairs without support by age 5.
 - **Fine motor:** Develop more small muscle coordination.
 - Copy drawing a circle and other geometric shapes.
 - Get dressed independently and use a cup, fork, and spoon.
 - Build a tower with up to 6 blocks.
- **Cognitive development**
 - Have short attention spans (under 20 minutes), but can follow increasingly more demanding instructions.
 - Large growth in areas of thinking and reasoning.
 - Simple to complex understanding of time, letters, counting, and colours.
 - Know their name, age, and gender.
 - Follow 2-3 step instructions (ex. pick that up and bring it to me).
 - Using complete sentences of 3-6 words.
- **Emotional and social development**
 - Learning how to manage their feelings and emotions.
 - Engage in parallel play (playing beside rather than with another child).
 - By age 5, most seek and enjoy friendship.
 - Most separate easily from their parents.
 - Express emotion freely and openly.
 - Understand the concept of 'mine' and 'yours'; may have trouble sharing.
 - Switch between demanding and cooperative.
- **Creative development**
 - Have active imaginations and a rich fantasy life.
 - Ability to create their own movements (with or without cues).

THE CONTEXT (when & where)

Day and time: Saturday mornings.

Location: Private dance studio or community centre. Ideally a room without distractions or potential hazards.

Number: Maximum 10 students (10:1 student-teacher ratio).

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