

THE PEOPLE (who)

Population: 12–14-year-olds

Developmental characteristics

- **Physical profile and development**

- Signs of puberty:

- Including growth of body hair, changes in body shape due to shifts in fat distribution, and start of menstrual cycles in estrogen-dominant bodies, which are all driven by hormonal changes.
 - Rapid growth in weight and height, which increases organ size, resulting in differences in aerobic endurance.
 - Development and maturation progresses at individual paces, with bones growing faster than muscles.

- **Sensory and motor development**

- **Gross motor:** Adjusting and adapting fundamental movement skills to growing bodies and development of complex muscle abilities.

- **Balance:** Students may struggle initially with postural control due to rapid pubertal growth sprout. However, additional balancing practice such as relevés and turns in dance will cause improvements.
 - **Axial movement:** Ability to control movements around one's central axis, such as bending, twisting, and stretching. Students will adapt fundamental axial skills to genre-specific dance skills (e.g. grande jete en tournant) as they become more accustomed to their height and build additional muscles to support their bodies.
 - **Locomotor movement:** Mastery of movement sequences in space with and combining different aspects of locomotor movement, including skipping, jetes, galloping or chasses that can become more refined as the dancer progresses.
 - **Throwing, catching, and kicking:** Can throw, catch, and kick with control and relative precision. Often found in other sports outside of dance, such as cross training.
 - **Climbing:** Can easily climb stairs, ladders, and props in dance as strength and coordination improves throughout puberty.
 - **Fine motor:** Adaptation and solidification of fine motor skills.
 - Ability to manipulate small and large objects using both hands with dexterity, can comfortably write paragraphs of legible writing, cut precise lines with scissors, accurate control of hand-eye coordination such as when using a computer mouse.

- **Cognitive development**

- Wide range of maturity levels is expected:
 - Development of thinking in concrete ways with the ability to grasp abstract concepts. such as more complex choreography as well as process issues in varying ways including, auditory and visual information.
 - Greater attention spans for some, leading to longer more specified classes in movement and in-depth information.
 - Some dancers may be uncoordinated and could have trouble picking up and learning movements.

Course: DNCE 449 Dance Pedagogy: Children and Youth

Community Profile: Children aged 12-14 years

Compiled by: Faith Friesen, Rachel Merchant, Jasmine Sun, Allison Vliet

<ul style="list-style-type: none">○ Developing a sense of right from wrong as well as justice, equality, and ethics.● Emotional and social development● Identity + social<ul style="list-style-type: none">○ Seeks independence, which may be mistaken for mood swings or rebellious behaviour. This stage involves developing independent thoughts without interruption from thoughts, opinions, or actions of others.○ Less interest in family matters as gravitation towards friendships and outside relationships.○ Discovering self-esteem, self-individuality and personality (outwardly and inwardly). Understanding introverted vs extroverted. This can also be self-expression through personal styles/characteristics.○ Sexual identity is discovered and explored.○ The use of social media is implicated with society causing comparison and more awareness to self-image.○ The range of social development will vary in these stages. Some will require more assistance to expand and talk to peers while some will still be closed off.● Emotional<ul style="list-style-type: none">○ Students are often more emotional and may result in them wanting to spend more time alone.○ Dancers may question authority and rules/regulations regarding instruction and safety.○ Changes in hormones can also cause quicker reaction time and speak their opinions more, or less for some.○ Emotional maturity differs depending on which stage of maturity the student is at.● Creative development<ul style="list-style-type: none">○ Notable creative slump at the beginning of this stage.<ul style="list-style-type: none">▪ Coincides with going into high school▪ Improvisation skills are developed: experimenting between ideas vs concepts.
<p>Day and time: Wednesday evenings.</p> <p>Location: Private dance studio. A large studio should be used to allow sufficient space for growing bodies, with appropriate barre heights (0.9m-1m), and large windows for natural light.</p> <p>Number: Maximum 15 children.</p>

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