

Dance at Home School Home Videos

PHE Curricular Competencies: Physical Literacy, Healthy and Active Living, Mental Well-being

Audience(s): K-7

Hyperlink: [Canada's National Ballet School](#)

Description

Canada's National Ballet School has provided fun and engaging dance activities including step by step videos and activity plans for kids at home. These activities are easy to follow and created for children of various ages to do either independently or as a family.

Objective(s)

Dance at Home provides opportunities for creative movement. Creative movement supports the development of the whole child while fostering expression, developing fundamental movement skills and physical literacy.

Curricular Connections

This resource supports the following PHE Curricular Competencies:
K-5: Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments
6&7: Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com