

Dancing for the Health of It Lesson Plan

Prepared by:

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1. Overview

Participants will learn about the physical, mental, and emotional benefits of dance, review basic safety tips for beginning a dance-based exercise program, and discover how dance can be an enjoyable and accessible form of physical activity for people of all ages and fitness levels. The session will also include participation in simple dance movements to experience these benefits firsthand.

2. Issue Team

Health and Hunger

3. Audience

Adults

4. Key Questions

- What challenges might keep someone from starting a dance activity?
- What benefits of dance would be most valuable in your life right now?
- What is one way you will add more movement or dancing into your week?

5. Learning Objectives

- Identify at least three physical health benefits of dancing.
- Describe at least two mental and emotional benefits of dancing.
- Participate in simple dance movements to experience the benefits of physical activity firsthand.

6. Preparation

- Review the lesson.
- Review the document: Dancing for the Health of It Handout

7. Time Needed

- 15 minutes for leader lesson – 30 minutes for full length program

8. Materials and Equipment

- Lesson plan
- PowerPoints
- Handout

9. Step-by-step Procedures

N/A

10. Special Considerations

Encourage participants to consult their healthcare provider before beginning a new exercise program, especially if they have chronic health conditions, recent injuries, or mobility limitations. Offer seated, low-impact, and standing variations of movements so participants of all fitness levels and physical abilities can participate safely. Ensure the dance area is free of obstacles, has adequate space for movement, and provides a non-slip surface.

11. Assessment

N/A

12. Extensions & Adaptations

Encourage participants to explore additional dance styles, create their own routines, or set personal physical activity goals to continue building fitness outside of class. Provide seated, low-impact, or slower-paced movement options and encourage participants to modify activities based on their comfort, fitness level, and mobility. Offer frequent breaks, clear demonstrations, and balance support as needed to ensure a safe and inclusive experience for all participants.