

IMPORTANCE OF DANCE IN EDUCATION

by:

Ervin P. Manalang

Teacher I, Pagalanggang National High School

Dance plays a crucial role in education, offering numerous benefits to students in various aspects of their development. Incorporating dance into the educational system can have a profound impact on students' physical, emotional, social, and cognitive growth. Here are some of the key reasons why dance is important in education:

Physical fitness: Dance is a physically demanding art form that improves overall fitness levels. It enhances cardiovascular health, flexibility, coordination, balance, and muscle strength. Regular dance practice helps combat sedentary lifestyles, obesity, and related health issues among students.

Expressive outlet: Dance provides a creative and expressive outlet for students to communicate their emotions, thoughts, and ideas. It allows them to express themselves non-verbally, boosting their confidence and self-esteem.

Cognitive development: Learning dance routines, patterns, and choreography enhances memory, cognitive processing, and problem-solving skills. Dance requires students to follow instructions, remember sequences, and make split-second decisions, thus stimulating their brains in unique ways.

Social skills: Dance often involves group or partner work, fostering teamwork, cooperation, and communication skills. Students learn to collaborate, support each other, and build a sense of community, contributing to positive social interactions.

Cultural appreciation: Dance is deeply rooted in various cultures around the world. Introducing students to diverse dance styles allows them to explore and appreciate different traditions, promoting cultural understanding and tolerance.

Discipline and time management: Mastering dance techniques requires dedication, discipline, and consistent practice. Students learn the importance of commitment and time management, which are valuable life skills applicable to many areas beyond dance.

Emotional well-being: Engaging in dance can improve students' emotional well-being by reducing stress and anxiety. It provides an outlet for releasing emotions and promotes a positive mindset.

Body awareness and confidence: Dance encourages students to be more aware of their bodies and movements. As they gain mastery over their physicality, they develop greater self-confidence and body positivity.

Creativity and imagination: Dance is an art form that encourages creativity and imagination. Students have the freedom to interpret music and movements in their unique ways, nurturing their creative thinking skills.

Inclusivity and diversity: Dance can be adapted to accommodate students of different abilities and backgrounds, making it an inclusive activity that celebrates diversity and promotes a sense of belonging for all.

Performance skills: Participation in dance performances builds public speaking skills, stage presence, and the ability to present oneself confidently in front of an audience.

Overall, integrating dance into education enhances students' holistic development, making them physically active, emotionally balanced, socially adept, intellectually sharp, and culturally aware individuals. It promotes a well-rounded education experience that goes beyond academics and contributes to their overall growth and well-being.

References:

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