

**TIME**

**2**

GET **FIT** & HAVE **FUN**



**Tackling Childhood Obesity Through Dance**

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- Why dance? What we know and what research is telling us
- Meet the Just Dance Crew
- Dance demo and example activities
- Accessibility: Fitting in with home and school physical activity
- Further Engagement
- Regional Alignment

**WITH THE JUST DANCE CREW**

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## Why dance? What we know and what research is telling us

- Excellent form of physical activity, improves fitness
- Leads to weight loss
- Strengthens bones and muscles
- Beneficial to our mental health
- Improves social skills – team work, communication, co-operation, sense of trust
- Kids love it! It's fun



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**Dance**

**J SMOOTH**

Time to “Step It Up” with the JD Crew. The rules are, stay on your feet and move to the beat.

**D ROCK**

Are you ready to learn some new steps?  
What about a whole new dance routine?

**Learn**



**K FRESH**

Time to stretch and tone up those little muscles.  
I hope you can keep up!



**Exercise**

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## Example Activities



### Cardio-vascular and Coordination

- Learn basic dance moves
- Learn routines
- Learn group routines
- Time based – High energy

### Muscle and Bone Strengthening

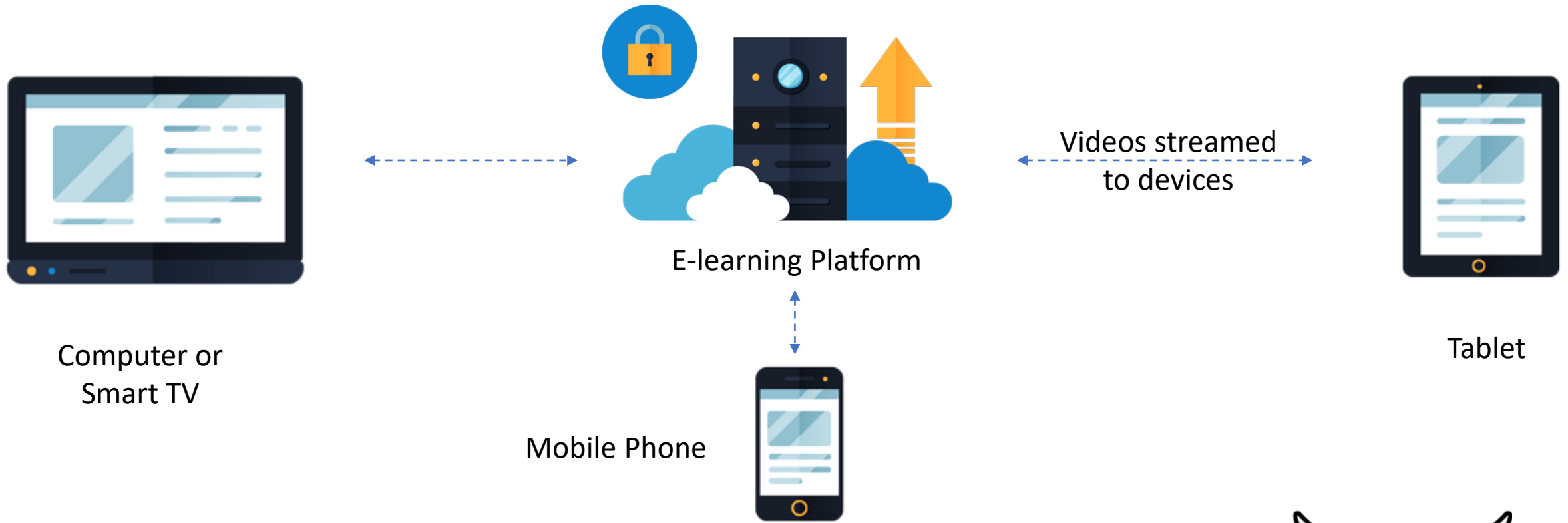
- Lunges
- Squats
- Jumping jacks
- Inner core exercises

### Stretching, Relaxation and Flexibility

- Yoga
- Pilates
- Stretching
- Breathing



**Accessibility: Fitting in with home and school physical activity**



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## Data Collection and Evaluation

### Teacher and Parent Access and Evaluation



While the pupils are performing within the classroom the teacher will be able to evaluate their progress and give a performance grade directly on the E-Learning Platform against each students name or group.

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## Data Collection and Evaluation



The E-Learning platform will be able to provide the following data and more.

- Number of times videos are viewed and when
- Feedback questions e.g. Which part of the body did this exercise affect most?
- Overall rating system of activity
- Daily or weekly journal entry

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## Further Engagement

### Gamification

Pupils get graded and acquire badges after completion of an activity. Special badges are given to those who learn more advanced routines or excel at a particular activity.



### Competitions

School and inter-school group dance competitions. Winners will be celebrated on the platform through our league table.

### Guest Appearances

To increase engagement we can have a famous person give a master class in person or virtually.

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## Regional Alignment

### Jamaica Moves

- Now launching in schools across Jamaica
- Exploring 5-minute physical activity breaks during devotional, before/after class etc.



### Healthy Caribbean Coalition

- Key policy ask: Mandatory physical activity in schools



### Caribbean Moves

- "...fostering a cultural and social movement for regular physical activity within the Caribbean."



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## Questions



[www.evolutionmedialab.com](http://www.evolutionmedialab.com)



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