

## Ballroom Dance

Bolinas-Stinson Union School District

**Bolinas-Stinson Union School**

Don Jolley

For fourteen years, Ballroom Dance has been a mainstay of the instructional program at Bolinas Stinson Middle School, satisfying standards in Physical Education, Dance, and Performing Arts.

The year-long course emphasizes fundamentals of social dance, mastery of figures, social graces, and comportment. Students learn to navigate a dance floor, use appropriate lead and follow techniques, and interpret a broad range of music through dances including Swing, Lindy Hop, Waltz, Foxtrot, Cha-Cha, Rumba, and American and Argentine Tango. Students also learn and apply critical social skills and develop body and special awareness through partner and group work. Over the course of the year, the students host dance events for parents and community, which include student exhibitions and performances. Students are also regularly invited to perform in the larger community beyond school.



The program's focus on inclusion has a positive effect students' relationships at a time that is crucial in their social-emotional development. It involves all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders as a community of learners, and cultivates poise, grace, and confidence that they express beyond the dance class. Students express courtesy, compassion, and joy with themselves and with their classmates.

