

# The Value and Development of Children's Dance Education

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**Abstract:** Taking the value and route of children's dance education as the main research content, this paper puts forward the optimization methods of children's dance education from three aspects: paying attention to cultivating children's interest in dance learning, paying attention to the way of communicating children's dance teaching, and improving the qualification of children's dance teachers. It may also provide some valuable concepts for children's dance education.

**Keywords:** Children's dance; Educational value

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## 1. Introduction

In the current field of children's dance education, there are still many commercial and utilitarian problems. For example, having too much professional training without considering children's physiology and psychology, ignoring artistic inspiration, and only dancing for examination. Under the background of the "double reduction policy", children's dance education should abandon the commercial and utilitarian educational purposes and distinguish children's dance education from adult dance education and professional dance education. It should focus on the science and regularity of children's dance education; it can adapt to the development of quality education.

## 2. The value of children's dance education

### 2.1 Children's dance education can promote children's healthy development

In a critical period of physical development, inappropriate dance training will cause significant damage, but an appropriate dance training can make the children's bones and muscles stronger. Because the training methods of children's dance are scientifically based. Various basic training methods of dance can not only promote blood circulation to enhance their body immunity, but also can correct the posture of dance students, such as necking, bending, hunchback and other bad habits.

In addition to promoting the enhancement of children's physique, children's dance training can also enhance their physical coordination ability. The process of dance training is the linkage of all limbs of the body, which requires the coordination of various body parts such as head, shoulder, hand, waist, and leg. Adhering to such training for a long time can make the movements of all parts of their limbs more coordinated, make the body muscles more resilient and tension, and then improve the physical development.

### 2.2 Children's dance education can promote children intellectual development

Children's dance education can also promote children's intellectual development and enable students to have richer imagination, better memory, and creativity. In children's dance performance, the dance movements are generally relaxed, cheerful, and aesthetic. Dance students should not only accurately remember the movements, formation and walking positions of the dance performance, but also coordinate the dance movements with the background music to make their expressions and emotions echo the music melody to make the dance performance expressive. These processes can promote the development of dance students' memory ability.

In addition, children's dance performance often has enhanced imitation and performance, such as imitating animal behavior, plant growth, life scenes, and so on. In the process of repeated imitation and practice, dance students will not only improve their understanding and cognitive ability of imitating things, but also associate the morphological characteristics of specific things to develop children's imagination and cognitive ability.

### 2.3 Children's dance education can promote the formation of children's character

Throughout development, some children are introverted and easy to be shy; sometimes some children even don't dare to contact with external things. If allowed to continue, it will hinder the development of children's communication ability. Children's dance education is a group of art activity, which aims at experience, communication, cooperation, and happiness. It can create many opportunities for children to communicate with the outside world, so that children can stand on the stage and show their personality, charm, and show their confidence.

In addition, children's dance education also includes a long-term raining process. In this process, dance teachers will always accompany the children, encourage them to rehearse well, and guide the children to grind in slowly for a dance action or a dance

work. This process of dance training can greatly test the self-control and endurance of children's groups, enable children's groups to develop the spirit of hard work in dance education activities, and understand the importance of teamwork, which are very conducive to the formation of dance students' good character.

### **3. The route of children's dance education**

#### **3.1 Focus on cultivating children's interest in dance learning**

Individuals in adolescence usually have strong curiosity and often show strong interest in new and interesting things.<sup>[1]</sup> However, improper guidance of dance students at this age may also make them disgusted with dance, which is not conducive to the development of dance education activities. It is often said that "interest is the best teacher", which means that students often learn quickly about what they are interested in, but they will resist what they hate and unwilling. Therefore, it is very necessary to cultivate children's interest in dance.

Firstly, in the process of children's dance education, dance teachers should update their ideas and realize the importance of dance interest. They should start from the characteristics of dance students' physiological and psychological development as much as possible. For example, in class, the dance teaching room should be arranged with childlike innocence and fun to make children fall in love with dances. Or unifying clothes can be donned in class to create a sense of dance ceremony for dance students. Then, dance students can feel the beauty of learning dance in clean and unified clothes. Secondly, dance teachers can not only simply teach dance skills, but also introduce some interesting dance stage plays and fun children's dances, so that students can experience the diversity of children's dance performance forms, and then be willing to join the dance performance.

#### **3.2 Pay attention to innovative ways of children's dance teaching**

Each individual student has different personality and psychological characteristics, which means that the way of children's dance education cannot be stereotyped. Good dance teachers often teach students according to their aptitude and individual characteristics, so that children's dance education activities can be carried out in relaxed, happy, and colorful teaching methods. So, how to innovate the way of children's dance education? I think children's dance teachers should do this:

Firstly, we should abandon the traditional single "talk and demonstrate teaching" method and try to avoid the way that teachers only "talk" and "demonstrate", students only "imitate". Instead, we should integrate a teaching method such as: "problem teaching method", "situational teaching method", "game teaching method", and "group cooperation method" to give students the opportunity to participate in dance display and dance creation. Then, this will create an active dance atmosphere and finally help dance students absorb dance knowledge well. Secondly, we should broaden the dance teaching environment. The traditional children's dance room is always with one mirror and three rows of levers, which easily fatigues dance students. In this case, dance teachers can move the classroom to the stage and outdoors, so that dance students can often dance in different environments. This can not only cultivate dance students' artistic expression, but also can make children's dance class more dynamic.

#### **3.3 Pay attention to improving the teachers of children's dance teaching**

In the process of children's dance teaching, although we have always stressed the need to maintain innovation, this does not mean that children's dance teaching activities can be arranged irregularly. If we want to achieve good training results, we should not only cultivate children's interests and innovative teaching methods, but also pay attention to improving the teachers' ability. Because only with good dance teacher team, children's dance education activities can be scientific and orderly. Children's dance teachers should be trained from the following two aspects:

Firstly, every child's dance teacher should have a sense of learning and pay attention to the information and cutting-edge academic trends of children's dance education in daily life. For example, dance teachers can improve their professional ability by reading books related to psychology and pedagogy of children's dance education, so that they can master and understand the learning trends of dance students in time. As a result, they can correct students' psychological problems such as weariness and fear in time. Secondly, children's dance education institutions should regularly and quantitatively the relevant training for dance teachers, such that children's dance teachers can learn more teaching methods and know more about the learning characteristics of dance students in the process of continuous training.

### **Conclusion**

All in all, neither teaching institutions, teachers, nor students' parents should regard children's dance education as a tool to meet their vanity. Instead, we should respect children's physiological and psychological needs and treat children's dance education process rationally. Then the children's dance education can help children students develop healthily and fruitfully<sup>[2]</sup>.

### **References:**

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