

DANCE INTERVENTION RATIONALE:

2025/26

Dance benefits pupils with additional needs in a range of ways. This rationale is designed to support teachers to understand how and why dance can benefit our pupils and support them in identifying pupils, setting aims and monitoring outcomes.

SUPPORTS PHYSICAL DEVELOPMENT – Dance builds strength, balance, coordination, and body awareness through fun and active movement.

ENCOURAGES SELF-EXPRESSION – Dance allows non-verbal children or those with communication difficulties to express emotions and ideas creatively.

IMPROVES EMOTIONAL REGULATION – Rhythmic movement and music help children manage emotions and reduce anxiety or frustration.

ENHANCES SOCIAL SKILLS – Group dance activities promote turn-taking, cooperation, and positive interaction with peers.

BUILDS CONFIDENCE AND SELF-ESTEEM – Achieving dance routines or simply participating in movement builds a sense of accomplishment and pride.

STIMULATES SENSORY INTEGRATION – Dance provides controlled sensory input (movement, sound, touch), supporting children with sensory processing difficulties.

IMPROVES FOCUS AND ATTENTION – Following instructions and remembering routines can enhance concentration and memory.

ACCESSIBLE AND INCLUSIVE – Dance can be easily adapted for all abilities, allowing every child to participate and succeed at their own level.

PROMOTES CREATIVITY AND IMAGINATION – Dance encourages children to explore themes, stories, and music through movement.

PROVIDES ROUTINE AND STRUCTURE – Repetitive movement patterns and class formats help create a predictable and supportive learning environment.