

# **Sample Skills to Practice In Dance Class**

## **Communication**

- make choices between types of music (using picture or object choices such as tapes)
- make choices between activities (using picture or object choices) such as playing a particular instrument along with the dance class to help keep rhythm
- use the Voice Output Device (e.g. Step-by-Step Communicator) to provide comments and questions to class as feedback
- use a Voice Output Device to answer comments or tips posed by the teacher
- use a Voice Output Device for cheers

## **Fine Motor & Participation**

- stretch out arms and hands to reach for instrument to use for rhythm
- use a switch to run the tape recorder with an AbleNet Powerlink to play music for the dance group
- use hand movements or clapping to respond to the music rhythm
- assist with set up and putting away the materials for the teacher, to practice functional hand skills (e.g., reach, grasp, hold, release)
- use a streamer to move back and forth with the music (for shoulder and hand strength)
- use hands to hold onto instruments and keep the rhythm

## **Gross Motor Participation**

- engage in the activity while standing in a standing frame to stretch legs
- where possible, have the student move to collect or hand out props to assist the teacher (mobility in wheelchair or walker)
- if possible, stand and move with the music

## **Vision**

- where appropriate, work on vision skills as outlined by your vision teacher using the objects and/or pictures in this activity (eye contact, tracking, etc.)