

KNOW

About the Artist

For Dianna David, as Professor Dynamixs, movement art started at the age of 5 years old when she realized she could mimic Michael Jackson's Moonwalk and for over 30 years has been developing her own style of dance while juggling a ball. For Kyle, as Professor TooTall, he was a competitive lacrosse player and athlete all his life and never discovered dancing until he was 22 years old and now dances popping and waving. Michelle Taneda always loved to dance but her movement arts training came from over 20 years of martial arts as a multi-award winning Soke Cup Chito-Ryu World Champion. All three have the passion to teach life lessons through the form of movement arts,, prop manipulation and storytelling.

About the Performance

This unique 50 - minute workshop-style performance is designed to capture student audiences with the wonder of movement, while instilling a sense of connection with everyday issues. Through mind-bending dance moves and interactive storytelling, world-class dance teachers deliver entertaining life lessons on how mind-body awareness helps boost confidence, eases anxiety and improves physical, mental and and emotional health. Students and teachers will leave empowered with valuable, practical tools that they can use in their day-to-day life to be develop body awareness, deal with social pressures and be a better leader. Kids will be asked to stand up, sit down quietly and mirror the performers during the performance, all the while having FUN. Briefing for noise levels will be encouraged. Teachers have our permission to talk to children about participation and participate themselves in the activities to show that no matter what age we are, movement is always important. Students will sit at least 15 ft away in front of a 6 ft x 8 ft rear projected screen on the narrow end of the gymnasium. Lights will be turned off during dances with light in the dark. (Please notify children with extra needs).

About the Art Form

Art Forms: Hip Hop, Popping, Waving and Locking Dance Contact Juggling, Magic, Fitness, Martial Arts

Themes: Flexibility, How to Stay Fit, The Magic of Movement, Things are Always Moving, Shadows and Shapes, Free Your Style

Key Message: At the School of M.O.V.E.S. we believe that movement is an important part of a healthy lifestyle. Kids will learn how moving and grooving will help them find their "Best Selves"! You can express your true self through many forms of movement arts.

Video Links: (Search on Youtube)

- "Dianna David • Eat The Street • Freestyle Performance • Michael Jackson Lives In Me"
- Kyle "TooTall" - <https://vimeo.com/135203221>

Links to Curriculum

- Personal Health & Fitness: (Health, Flexibility, Endurance)
- Social Health: (Strong positive identity, resist unhealthy social pressures, healthy choices)
- Performance expression Health (Artists challenge status quo, new perspectives, new experiences)

Pre-Performance Discussion Questions

- Personal Health & Fitness: *How do you feel after moving around at your maximum ability for just 1 minute?*
- Social Health: *How dance decreases social pressure like sports does? Talk about benefits of commitment and physical training.*
- Performance expression Health: *How did these performances make you feel inside, what else makes you feel that way? What dance styles have you seen that make you want to move?*

Post-Performance Activities

Two or three activities for students after watching the performance that have relations to the art form:

- 1-Minute Mover: Choose an upbeat song and step into a clear open space. Set a timer for 1 minute and have the kids dance out for 1 minute. Encourage them to find repetitive movements, moving to the tempo of the song and using different levels. *What type of dance styles do you already know that came out during the 1-minute mover or what types of dance styles do you want to learn?*
- Dance Circle: Have the children make a circle facing the centre. Play new music and let anyone who wants to show off any cool moves they found during their 1-minute mover to present their moves to the rest of the group. Every one may have a chance to go up or just have anyone who was inspired to show what they made up. *Was it easy to dance in front of other people? What are other ways you can use your body to stay fit and have fun?*

Post-Performance Discussion Questions

See Above

Learn more about this artist online at artstarts.com/aotd

WONDER

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