

Case study

Kindy Moves builds confidence step by step

Confidence, coordination and dancing - Kindy Moves gives children a jump start on learning

What

Best known for performances on the stage, Queensland Ballet is taking ballet into kindergartens and schools through Kindy Moves, a program encouraging young children to develop confidence in moving and dancing for enjoyment.

In Term 3 2018, Queensland Ballet partnered with the Lady Gowrie Caboolture East Community Kindergarten to deliver the first Kindy Moves program to 48 children aged four and five years attending the centre.

Over a 10-week period, children participated in one 45 minute lesson each week taught by two Queensland Ballet educators. Children explored their imagination and natural movement through stories and dance. The program linked to outcomes of the Early Years Learning Framework

The Queensland Ballet commissioned the Queensland University of Technology, Creative Industries Faculty to undertake an evaluation of the program to provide recommendations for the future of the program.

Outcomes

- Teachers and parents reported changes in children's physical engagement and social engagement following involvement in the program. An increase in children's self-confidence and more engagement with other children was observed in some children by teachers.
- Kindy Moves supported the delivery of core aspect of Early Years Curriculum Guidelines including early literacy concepts.
- the program brought books to life and provides children with another way to view the story and opened possibilities for kindergarten teachers to incorporate other ways of literacy and numeracy into their program". – *Kindergarten Teacher*
- Lady Gowrie teachers indicated involvement in the program has helped them develop this skills and confidence in delivery arts education.
- Kindy Moves program increased knowledge of ballet in young participants and provided hands-on experiences with the state ballet company. Children all became members of the QB Junior Artist programs.
- Queensland Ballet professional dancers had opportunity to engage their dance skills and knowledge in the formal learning environment.

Where and when



Term 3, 2018



Lady Gowrie Caboolture East Community Kindergarten

Key stats



20 student activities with artists



48 students participating



80 family members attended final session

Investment

\$15,610 2017-18 Artists in Residence (AIR) program The \$200,000 AIR program, supported through AQ and Education Queensland, to increase engagement with arts and culture through partnerships.

Queensland Ballet is funded through a tripartite agreement between the Queensland Government through AQ and the Australia Council for the Arts.



Reflections and learnings

The QUT evaluation report collated learnings and reflections from Queensland Ballet teachers and kindergarten teachers regarding what worked in the program and where changes could be made to amplify outcomes. Learning included:



Increase attention to numeracy component with emphasis on patterning — making patterns and recognising patterns, repeating patterns including working in different group sizes

Expand the program including access to costumes and ballet shoes and performance so that children and teaching staff gain a greater understanding of how the movement experiences in Kindy Moves relate to performances

Link books and movement experiences with learning focus in the kindergarten at the time of the program.

Feedback



Kindy Moves worked with physical well-being particularly around gross motor skills, active learning and creative learning as well as connectedness by building relationships with peers, working with a partner and taking turns - *Kindergarten Teacher A*

Kindy Moves taught me to listen and work from the children's level - *Queensland Ballet Teacher B*

The Kindy Moves program helps young kids understand that dance is for everyone and models confidence in moving and dance.” - *Queensland Ballet Deputy Executive Director Felicity Mandile*

Tips for others



Kindergarten Teachers suggested: Providing access to an overview of the learning experiences (lesson plans) to support Kindergarten teachers to extend movement experiences beyond the lessons.

What next

The QUT evaluation report provided a number of recommendations that Queensland Ballet will incorporate into their evolving program.

Queensland Ballet is also partnering with Deakin University Child Study Centre, AllPlay Dance and Churchill State School on a research report that will assess the social, emotional, behavioral, physical and cognitive functioning impacts of an inclusive dance program for primary school students with Attention Deficit Disorder, Autism Spectrum Disorder and Intellectual Disability. The first Limitless Leaps, will be delivered in Brisbane during Term 3, 2019.



Feedback was collected from young participants involved in the program through pictures and stories. Image courtesy Queensland Ballet



Images courtesy Queensland Ballet

Find out more

Kindy Moves program: Learn more about the Kindy Moves program on the Queensland Ballet website

KINDY MOVES building confidence step by step: articles on Australian Major Performing Arts Group website

Evaluation of Queensland Ballet's Kindy Moves project: Read the QUT evaluation of the project