

Exploring the Teaching of Dance Performance in Pre-school Education

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Abstract: In order to better educate young children, we should develop purposeful dance performance classes in the pre-school education programme. These courses aim to help students build a healthy body, develop a good temperament, improve body control, enrich their dance language and enhance their understanding of dance. Through the study of finished dance repertoire and practice, we can enable students to acquire systematic, accurate and extensive dance performance skills.

Keywords: Pre-School Education; Dance Performance; Teaching Methods

1. Introduction

The Education major aims to produce excellent education professionals for society who will have the knowledge of how to provide a quality education to students. In the past, education in the education major focused on training children in dance skills so that they could graduate to a variety of careers in the education field. As times have progressed, society's demand for artistic literacy and practical skills for children in this specialism has grown. They want these graduates to have both a basic knowledge of early childhood dance and the ability to use this knowledge in practical work. In the field of education, there are clear differences in content and skills between children who specialise in pre-school and those who specialise in dance, for example. Therefore, it has become an important issue in the current education sector to explore and practise more advanced education models in order to get the best out of these talented learners in education and practice. In order to improve the dance performance skills of our pre-school children, we must overcome some immediate challenges and problems, including (1) a slim and well-groomed body; (2) solid musical skills; (3) familiarity with relevant dance theories and mastery of terminology; (4) possessing good stage skills and presenting themselves with flair; and (5) gaining extensive practical experience and avoiding nervousness. In order to solve the above problems of pre-school students, according to the international educational philosophy and teaching experience, we should take relevant measures to improve teaching and maximize the quality of teaching.

2. The Importance of Developing a Sense of Dance Performance in Preschool Education

2.1 Beautiful Dance is the Basis for Arousing the Interest of Young Children in Dance

One of the core elements of education is the provision of useful dance classes. Through these programmes, we can help students to improve their physical and mental qualities and enhance their intellectual abilities. Our philosophy is to produce an outstanding group of educators, and the key to improving education is to inspire them. As education professionals with strong dance skills, they can let students experience the uniqueness of dance in a pleasant atmosphere and cultivate their artistic accomplishment and creativity through exquisite skills and well-designed teaching methods. In this way, we can be more successful in teaching engaging students and providing them with a richer curriculum ^[1].

2.2 Awareness of Dance Performance Helps to Improve Dance in Preschools

Pre-school students usually lack a good foundation in dance, which can lead to difficulties and boredom in their learning process. As they grow older, this situation can become more serious and may even affect their interest and initiative in learning. A student's ability to perform dance can be improved through continuous effort and practice. Having a good sense of dance performance can help them to increase their self-confidence and can enhance their dance literacy, thus improving the overall quality of pre-school education.

3. Problems in the Cultivation of Dance Performance Awareness in Preschool Education Majors

3.1 Students Generally Lack a Sense of Dance Performance

Students in preschool education usually lack an in-depth understanding of dance, their sense of rhythm is not strong, and they lack performance consciousness and are unable to present their dance works, resulting in dance performances becoming boring and lacking in spirituality.

3.2 Pre-school Students Have Poor Basic Dance Skills

Compared to professional dance education, pre-school students usually do not have good dance literacy and their basic skills may be weak. Good basic skills are crucial when dancing, otherwise they will not be able to present their work through physical movements and emotions. Due to the compact number of dance classes in the Pre-school, usually only two sessions are offered per week. If too much focus is placed on basic skills training, opportunities to learn and demonstrate are compromised, thus hindering their interest and enthusiasm for the art ^[2].

4. Analysis of the Reasons for Strengthening the Training of Teaching Dance in Pre-schools

4.1 Beautiful Dance is the Foundation for Moving Young Children

Through dancing, we can enable young children to gain more attention to beauty, observe things around them keenly, enhance their aesthetic sense and establish correct values, as well as help them build up their self-confidence and shape a more excellent body. In addition, dancing can exercise the body, improve physical fitness, improve digestion and enhance cardiovascular health. In order to improve education, we need to work on training good teachers. For example, we can inspire and interest children by teaching them beautiful dance steps. In this way, we are better able to provide excellent education. Equally, we need to find ways to keep the children's interests satisfied and to use them to improve their dancing. With careful design and skill, nursery teachers are able to lead children in exciting, artistic and thoughtful dance steps. These steps showcase not only the most precious elements of life, but also the greatest of human wisdom. Thanks to the combination with music, it can give both visual and auditory pleasure, thus promoting their interest in art and technique. For young girls in particular, this elegance will be ingrained in their memories and inspire a love of dance. They will be able to dance with their teachers to elegant melodies, experience the grace of flora and fauna, explore the wonders of nature, experience different cultures and gain a deep understanding of different emotions. If the dancers themselves are not energetic and inspiring, if they are only muscular and cosmetic, and do not truly reflect the emotions within, then their dance will be worthless and will not inspire the love of the children. If children do not truly experience the spiritual pleasure that the dancer brings, they will not be able to put their spirit into the dance, nor will they be able to gain more useful knowledge, nor will they be able to fully experience the joy of dance, nor will they be able to achieve more useful results, nor will they be able to develop fully ^[3].

4.2 Performance Awareness is the Basis for Sensing the Deeper Core of Dance

Dance is fundamentally different from traditional culture in that its charm stems from its dynamics, which in turn stems from its profound connotation. The lyrics of Contempt for Inadequacy portray a profound emotion, while the dance steps of Contempt for Inadequacy express this profound connotation even more profoundly; it is not just about words, but also about the dance steps of the hands, and the leaps of the feet. In short, dancing is the best expression of human emotion. Teachers of young children therefore need to understand the essence of dance in depth and to enthrall their pupils by demonstrating the movements. The expressive ability to dance is the cognitive mastery of the core of dancing, the expression of people's emotions through the performance of actions; dancing is the expression of the soul and is alive. The key to mastering dance skills is to develop a love for it and to improve your skills through serious practice. When dancing is treated as a daily exercise, you will find that every movement is full of emotions and ideas that can be displayed through your body language and thoughts. By having good expressive skills, dancers are able to incorporate their body language and thoughts into their work, giving the whole piece a spiritual and charming feel.

5. Improve Dance Teaching and Cultivate Performance Awareness

5.1 Making the most of the Teaching Value of Ethnic Folk Dance

Chinese culture has a splendid cultural heritage, which includes traditional Chinese dance. This cultural heritage not only demonstrates the greatness and wisdom of the Chinese people, but also brings a unique charm to dance classes. Amongst this cultural

heritage, traditional Chinese dance is a unique art form that helps young children to develop their bodies and minds more fully. By studying the traditional dances of various ethnic groups, we find that they each have their own unique movements. For example, it enhances the bouncing ability of the body by exercising the three joints of the body and shows the romantic mood of the Dai through soothing movements. Tibetans enhance their body coordination by exercising the flexibility of their legs and show the leisurely Tibetan style through light movements. Mongolians develop temperament by listening to moving songs. Generally speaking, the teaching of ethnic folk dances is concentrated in the Han, Tibetan, Mongolian, Viennese, Dai and Miao regions [4]. As an education major, the pre-school level only requires students to be familiar with two or more different types of folk dances, with the aim of helping them to enhance their physical co-ordination, broaden their knowledge of the stage and develop their general qualities through participation in these activities. Through these activities, students will be able to better understand and appreciate these traditional arts and develop a greater love for them.

5.2 Nurturing a Sense of Childlike Innocence through Children's Dance

Children's dance styles vary from depicting cute little animals to showing students' daily lives, from expressing a particular emotion to telling a well-choreographed story. The key to this process is to get the most out of your students' 'child'. When teaching children's dance techniques, emphasis should be placed on cute, funny and interesting animals that showcase the justice, harmony and love that humans seek. When teaching dance techniques, students should be allowed to simulate a variety of cute, funny, interesting and entertaining animals and present the most complete and realistic artwork through their perspectives. By showing children's everyday lives, we hope to help them be inspired by them and showcase their artistic talents by dancing out of their nature and personalities. In this way, we hope to help children understand and experience dance more deeply and to be able to do so with the utmost sincerity. By allowing the students to experience the best emotions during their challenging childhood years, we can help them to incorporate these emotions into their dance pieces, thus building their love for the arts and greatly enhancing them [5].

Conclusion

Every student has a lot to look forward to in the future, so we should strive to improve our pre-school education and produce an outstanding group of children. The dance programme is inherently unique and by equipping students with the basic skills and knowledge we can help them develop a good all-rounded approach which will provide them with a solid foundation for their future.

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