



Getting Children Moving diddi dance® in your EYFS setting

Who we are and what we do:

At diddi dance we have made it our mission to enhance children's endless enthusiasm through funky, full of fun sessions that build confidence, co-ordination and creativity.

Our programme has been designed to complement & enhance the Early Years Foundation Stage framework and incorporates every learning area into our classes. Each section of the class has been cleverly aligned with not only the 7 learning areas but also corresponds to the development requirements as set out in the DoE Early Years Outcomes and OFSTED's School Readiness report 2014. It has been successfully used in Nurseries, schools and children's centres since its development thirteen years ago by diddi dance founder Anne-Marie Martin, a professional dancer and teacher.

diddi dance offers a unique 45-minute class that easily fits into your EYFS setting. We engage and inspire the children's own creativity by using action songs, dancing games, fun exercises, hoops and dance ribbons to our own funky pop songs.

We change themes every half term exploring styles such as Salsa, Country, Bollywood, Reggae, Hip Hop and Tap catering for all tastes. Classes follow a structured plan yet are taught in a relaxed atmosphere where children can learn at their own pace as their confidence builds.

Our classes are ideally suited for both boys and girls between 2 and 5 years old, although we have had children as young as 16 months enjoy and achieve in our sessions.

Why should I have dance in my setting?

Dancing for the under 5's is not only a great way of keeping fit and active, but it's also great fun! Dance isn't just for girls! Boys want to jump around to their favourite music just as much as their female friends. He may not want to be a ballerina or fairy but give him a toy guitar and he's a rock and roll star! Plus boys need tiring out just as much, if not more than girls and what better way to do this than 45 minutes of jumping, turning, galloping, moving and shaking?

With obesity rates in under 5's at their highest right now exercise is so important to avoid this continuing into later life. Exercise should be enjoyed. In the first few years of every child's life how they view exercise is instilled and their view will

stay with them for life so teach them that it can be great fun. Dance is an ideal way of doing this. The session should be action packed and full of exciting props and catchy music so they can't resist getting up to join in.

How do I organise a diddi dance session in my setting?

You can organise a FREE taster session for your setting to see how much your children can benefit from diddi dance.

Please contact Director Anne-Marie on info@diddidance.com or 07973982790. She can then put you in touch with your local franchisee(s) who can then arrange a taster at your nursery / school.

If you are interested in booking diddi dance into your setting you will need to contact your local diddi dance, as fees vary but are competitive in different areas. Please visit www.diddidance.com for a full list of diddi dance franchisees and their contact details.

How diddi dance contributes to the EYFS learning areas

Prime areas of learning:

COMMUNICATION LANGUAGE DEVELOPMENT

- Class starts with "Hello's" from all children
- Promotes understanding by engaging children in rhyming songs, i.e. "circle dance"
- Uses fun and exciting vocabulary in singing and speaking
- Encourages listening with children following direction from teacher

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

- Develops relationships by working in friendly pairs
- Incorporates turn taking and sharing
- Encourages sense of self by engaging in free movement through dances and songs
- Fortifies independence through own selection and use of resources
- Improves confidence and self esteem through achievement
- Strengthens understanding of boundaries and behavior with children following instructions, i.e. "shall we line up for ribbons?"

PHYSICAL DEVELOPMENT

- Learn to move with confidence, imagination and safety
- Supports development by using different methods of movement, i.e. galloping, hopping, jumping, balancing, wiggling, swinging, spinning etc
- Improves gross & fine motor skills by using props such as ribbons to make circles, rainbows, fireworks & snakes and hula hoops to practice jumping, skipping, twisting, pushing, etc.
- Children negotiate and adjust their direction through awareness of space and care for others, i.e. making circles with ribbons or turning with arms stretched out
- Uses a varied range of small and large props, i.e. small bells, tap sticks, large hula hoops, etc
- Promotes self awareness using songs and dances about body parts and body movements
- Teaches stylized moves for dance themes including learning to take direction, i.e. left, right, forwards, backwards, sideways
- Uses two different coloured props to distinguish and teach right from left

And to the 5 specific areas of learning:

EXPRESSIVE ART AND DESIGN

- Assists in building a repertoire of songs and dances
- Encourages dance and movement in response to music and sound
- Promotes use of imagination using props and materials to create space, draw lines and make shapes
- Incorporates freestyle dance to engage in free movement and interpretation of music

LITERACY

- Provides rhyming words in songs and rhythmic activities in dance
- Words and phrases are used to associate certain themed moves
- Encourages mark making by using resources to write and draw shapes
- Encourages to sound out rhymes and phrases when singing

MATHEMATICS

- Uses counting in phrases during many of our songs
- Counting to 3 before jumping into our hoop "puddles or pools" or hiding and shouting 1,2,3 BOO
- Supports awareness of shapes and space, i.e. "big circle", "tall stretch", "tiny ball"

UNDERSTANDING THE WORLD

- Provides our own unique counting song that teaches counting to 10 in English, French and Spanish
- Dances are chosen to show different cultures, people and communities around the world from Bollywood to Reggae and Salsa to Irish. Teacher has costume/prop for dances, which are used to help explain different cultural elements, i.e. flowers in hair for Salsa, Indian bangles for Bollywood, sash for Irish, etc.

SCHOOL READINESS

- Uses our own songs to act out a variety of scenarios, including:
 - 'The Weather is Fine' – putting on swimming outfits, boots, hat, coat – dressing for the weather
 - 'Dinnertime' – the use of knife and fork, eating, cleaning, washing hands
 - 'Let's Pretend' – any school scenario: pupil/teacher/playground/making friends
- Encourages good listening skills, paying attention and responding to boundaries
- Promotes social interaction, taking turns and responding to instruction

Testimonials:

“diddi dance has made a real difference to our setting. The children have loved every session and parents have spoken about how enthusiastic they are at home. The children's listening and rhythmic skills have also improved greatly. The sessions have provided staff with new ideas and skills to develop their teaching. All the children are involved and engaged and even some of the children with low self-esteem have grown in confidence after each session. We thoroughly recommend diddi dance in all settings.”

- Jo Proctor, Discovery Primary School

“We have been using diddi dance in Reception and Year One for four years. The teachers are vibrant and energetic and the children thrive on this! The lessons are well structured, pacy and fun. The children develop a wide range of skills stretching beyond those of dance with turn taking and partner work, counting, even a bit of Spanish! We highly recommend diddi dance.”

- Lucy Wheatley, Windrush Primary School

“The children really enjoy the diddi dance sessions we have at our Family Fun Days. The diddi dance teachers are professional and friendly with the children and parents. They show an interest in the children they are working with; they engage, support and encourage children as they participate in the activities. Our children love using the props and instruments provided. They also learnt about colours, movement, directions, listening and instructions while playing and having fun.”

- Patricia Reeves, Parent Outreach Worker at Bessemer Grange Children's Centre

“I was so impressed with the quality and quantity of the dance activities. I was amazed at the toddlers counting not only in English but in French up to ten and how they engaged with the teacher.”

- Maggie Johnson – Community Researcher, Swindon Borough Council

Accreditations & Endorsements:

