

# FIRST MOVES



First Moves brings quality arts education to first graders through their Physical Education curriculum to enhance PE standards and empower PE teachers to incorporate dance vocabulary and concepts into their PE curriculum.

First Moves embeds professional teaching artists from the Cowles' roster of dancers into the classroom; and also includes professional development training for elementary PE teachers, empowering them to incorporate dance vocabulary and concepts into ongoing curriculum. By deploying the program across an entire grade-band, city wide, First Moves drives systemic changes in school culture through incorporating dance vocabulary and concepts into PE curriculum, and creating opportunities for all first grade students to dance.

**COST PER SCHOOL  
FOR A FIRST MOVES  
RESIDENCY:**

**\$4000**

**COST FOR PHYSICAL  
EDUCATION TEACHER  
PROFESSIONAL  
DEVELOPMENT:**

**\$3,000**

**2015**

Inception

**348**

Classrooms  
Served

**1,383**

Sessions  
Delivered

**8,532**

Students  
Served

## **DANCE AND PHYSICAL EDUCATION STANDARDS COVERED IN FIRST MOVES:**

- Demonstrating competency in motor skills and movement patterns
- Understanding movement concepts, principles, strategies, and tactics
- Improvising a series of movements that have a beginning, middle, and end

*I think the most powerful thing is being able to express themselves, because that is just not a part of their regular school day. So to be able to say I get to do what you said but not in a certain order, I could put it in the order I want. I can make it look the way I want it to look. And the way it makes me feel good inside. I think dance allows for that probably more than anything.*

**PE Teacher, Minneapolis Public Schools**

## The residency is built on a four-day structure that allows the Teaching Artist freedom to tailor the experience to the school's needs.

For young children, first grade is a crucial transitional year; they establish the learning and studying habits they will rely on throughout their education and working life. Dance and creative movement are essential to a first grader's development because it's one of the few activities that connect motor skill development with critical thinking, social interaction, and creativity.



## First Moves aims to:

- Spark curiosity about dance
- Engage new ways of learning
- Empower creativity
- Increase body and spatial awareness
- Connect dance to classroom curriculum
- Impact teacher practices

*First Moves is supported by generous funding from:*



## ABOUT THE COWLES CENTER

The Cowles Center for Dance & the Performing Arts is the flagship institution for dance in Minnesota. Centrally located in Downtown, Minneapolis, The Cowles Center includes the 500-seat Goodale Theater, a historic Shubert building and the oldest theater in Downtown; the former Hennepin Center for the Arts, home to 20 leading dance and performing arts organizations; the state-of-the-art Target Education Studio, housing The Cowles Center's innovative distance learning program; the Illusion Theater; the TEK BOX; and the U.S. Bank Atrium. The Cowles Center is a catalyst for the creation, presentation, education, enjoyment, and celebration of dance and the performing arts in the Twin Cities.

## CONTACT

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