



# Dance Studies



Boys' and Girls' P.E. Classes  
Payson Middle School  
Mrs. Harmer



# Dancing is Exercise

- Dancing is a cardiovascular workout.



# Who Can Dance?

- Dancing helps develop balance and rhythm.
- Dancing allows for self expression.
- Dancing can be fun.





# Why should you learn to dance?

- It allows you to interact with other people
- So you will know how when you are asked
- Increased coordination.
- It's Fun!!



# Dance Style Research

Pick A dance style

Research the history of the dance

Come up with three historical facts to share with the class

What is the beat pattern of the dance

What are 3 songs that you could use while learning this dance

