Benefits of Dance

Absent Make Up Worksheet

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_\_

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

* improved condition of your heart and lungs
* increased muscular strength, endurance and motor fitness
* increased aerobic fitness
* improved muscle tone and strength
* weight management
* stronger bones and reduced risk of osteoporosis (bone loss)
* better coordination, agility and flexibility
* improved balance and spatial awareness
* increased physical confidence
* improved mental functioning
* improved general and psychological wellbeing
* greater self-confidence and self-esteem
* better social skills.

Write 2-3 sentences about your feelings or thoughts about taking a dance class.

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Write 2 goals that relate to being a dance class. How will you achieve these goals?