

Program Name: Move It! Get Healthy!

Artist: Kim Shope

## Special Requirements:

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A large, clear space for dancing, preferably a gymnasium or multi-purpose room; floor space cleaned prior to the artist's arrival; Teachers must be present at all times during workshops.

## Workshop Description

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This workshop is designed to use creative movement to learn the needs of a healthy body:

- 1) A balanced diet—"Eat a Rainbow Everyday",
- 2) Daily exercise—"Move your Muscles Everyday" and
- 3) Get 10 hours of sleep at night, "Power Down and Unwind."

Students will gain kinesthetic understanding of how food fuels your body's energy with "Go, Slow, and Whoa," "Energy Echo"

and other movement activities. Together we will create an instant "healthy body" movement study at the end.

Long-time choreographers and educators Candi Baker and Kim Shope lead students through this fun, imaginative workshop, giving them tools to make healthier choices.



## Educational Objectives & Standards

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- 5-9 fruits and veggies / day
- ≤ 2 hours of screen time / day
- 12 ounces or less of sugar-sweetened beverages / day
- 60 minutes of moderate to vigorous physical activity / day
- Limiting "red foods"
- Replace 2% milk with 1% or skim

Standards addressed:

- Student uses movement and dance as a means to communicate a feeling, idea or story.
- Understands dance as a way to create and communicate meaning.

## Artist Bio: Kim Shope

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**Kim Shope** has been a part of Kansas City's dance community since 1981.

As the first graduate of the Kansas City Ballet School, she enjoyed a successful fourteen year career as a professional dancer under the direction of Todd Bolender and Una Kai.

She danced many soloist roles in works by Bolender, George Balanchine, Alvin Ailey and Margot Sappington. During that time she was chosen to further her skills and passion for dance

by teaching in the company's ballet school.

Kim retired from Kansas City Ballet and opened the Midtown School of Dance in 1998 so she could continue to share her love of dance with all of her wonderful students. The Midtown School of Dance merged with the Community School of the Arts in September of 2007; Kim now serves as Dance Department Head and teaching artist for a number of ballet programs.

## Vocabulary

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### List of Resources:

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#### Online Resources:

<https://www.choosemyplate.gov/> - Resources on dietary guidelines and healthy lifestyles for parents, teachers and kids.

<http://classroom.kidshealth.org/> - Free health-related lesson plans for all grades and subject areas.

**Healthy:** Being healthy means that you can play outside, you don't get sick, and you feel good.

**Physical Activity:** Moving your muscles a lot of different ways to stay healthy and strong.

**Go, Slow & Woah foods:** Go foods are foods we should have every day (vegetables and fruits). Slow foods are foods we should only have once in a while (fruit juice). Woah foods are foods we should almost never have (French fries).

**Nutrition:** The process of providing or obtaining the food necessary for health and growth.

**Recipe:** A set of instructions for preparing a particular dish, including a list of the ingredients required.

**Produce:** Things that have been grown and produced through farming, especially fruits and vegetables.

## Post-Workshop Activities

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1. (Recommended grades: 2nd) Hand out a MyPlate for Lunch worksheet (found here: [http://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\\_lunch\\_handout1.pdf](http://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch_handout1.pdf)) and have students draw in each section at least one item they can have for a healthy lunch.

2. (Recommended grade: 2nd) Have students stand in a circle. One student begins by doing a movement (jumps up once, etc.). The next student repeats all previous movements (jumps up once) and adds an additional movement. Continue around the circle. If a student forgets a movement, go back to the beginning and continue until the last student in the circle has done all movements.



Contact KCYA for more information about this and other programs

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