



SESSION HANDOUT

Zumba® Kids & Zumba® Kids Jr. Boost

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Schedule

- 10 min: Introduction
 - 20 min: Learn new choreography (good for both age groups)
 - 1 hr 10 min: Scenario drills designed to examine ability to handle situations that arise with kids
 - 30 min: Writing a lesson plan with themed activities
 - 40 min: Zumba Kids® Master Class
 - 10 min: Final wrap-up/Q&A
- (Total: 3 hours)

Session Objective

- Learn how to create themed class plan using the ZIN Volumes music
- Learn how to deal with the unpredictable situations that arise with kids

History & Background

Kids that are accustomed to constant exposure to TV, computers and video games may struggle with attention span, weight, self-esteem and physical fitness. Our goal is to help children develop a healthy lifestyle, and to incorporate fitness as a natural part of their lives, not just as a class they attend once a week. When teaching children, we don't focus on the physical activity aspect as much as the "fun" aspect to keep them engaged in the class. The Zumba Kids® and Zumba Kids Jr.® program makes working out and dancing both cool and exciting. The key to keeping them coming back week after week is to achieve the perfect balance between fun, effectiveness, difficulty, change and familiarity. This session will give you new class ideas, new choreography, teaching techniques, as well as the opportunity to network and share concerns, suggestions and tips with your fellow Zumba Kids® and Zumba Kids Jr.® Instructors.

2014 ZUMBA INSTRUCTOR CONVENTION

New Choreography

TBD

How to work with Kids:

Working with kids can be a very rewarding experience, but it can also be difficult because kids are unpredictable. We are going to explore ways to deal with:

- The SHY KID who is reluctant to participate
- The TALKATIVE kid who can't stop talking to listen
- The PHYSICALLY BOISTEROUS kid who can't settle down
- The SPECIAL NEEDS child – both PHYSICAL and EMOTIONAL
- The CHILD WITH ATTACHMENT issues who won't let the parent leave the room
- The CHILD WITH LOW SELF ESTEEM who feels insecure about how they move
- The SHOW OFF kid who wants ALL of the ATTENTION
- The LESS COORDINATED kid who really can't quite "get it"
- A child who PEES in their pants (this has come up in trainings)
- When too many kids want to go to the BATHROOM at the same time
- TEASING – when one kid teases another for what they do
- BOY/GIRL issues - how to help them get over any embarrassment
- PHYSICAL entanglements that could arise from one kid bumping another
- The CRYER – a kid who starts to cry, for no apparent reason.

We will role play through several scenarios and analyze how the 'instructor' handled the situation.