



# **DANCE** **WITH** **DIVERSITY**

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# WHO WE ARE



Dance with Diversity is the Fit Hop NZ movement activation program for our neurodiverse tamariki and rangatahi with autism and other special needs. We use dance movement, interactive games, team work tasks and stimulating equipment to create a fun space where our students can express themselves and get physically active. Our program can cater to a range of abilities, from high needs to higher functioning students, each class designed for everyone to engage at their own level.

Established in 2022, we have had a huge positive impact in so many lives of young people by including the neurodiverse community in mainstream events, challenging their own ability to help them grow and continuing to bridge the gap and end the stigma of what these incredible people are capable of.





- Improved social skills
- Mind to muscle connection and coordination
- Positivity boost through exercise endorphins
- Better focus in other areas of learning
- Physical fitness outlet
- Enhanced teamwork and peer leadership
- Mental stimulation
- Sense of pride and belonging



# PROGRAM BENEFITS







# THE MAGIC OF DANCE



Dance offers a fantastic way to enhance overall wellbeing by integrating creative expression with physical activity.

The cognitive aspects of dance, such as creative thinking, problem-solving within set choreography, and memorizing movement sequences, contribute significantly to improving memory, information processing, and comprehension.

Physically, dance is a great way to boost cardiovascular health and blood flow. It also promotes muscular adaptability through improvements in agility, flexibility, strength, and balance.

Furthermore, the group environment in dance classes provides valuable peer encouragement and energy from both fellow dancers and instructors. Working together on formations, levels, and spacing in choreography fosters teamwork and highlights the importance of each individual's contribution to the final piece.





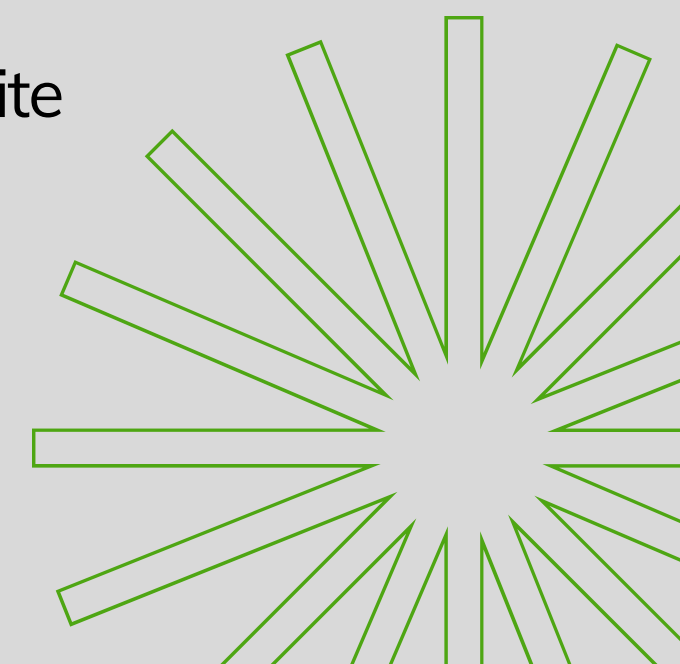
# OUR COMMUNITIES

"Fit Hop has been extremely beneficial for our students as it provides an opportunity to express themselves through dance as well as providing a high-energy workout that improves the student's cardiovascular health and enhances coordination. The staff have also enjoyed participating in Fit Hop and like to dance with the students and enjoy each others company in a fun way!"

*Michelle Mullan, Rosehill School*



- Papakura High School Satellite
- Rosehill School
- Mangere College
- Waitakere College
- Papatoetoe High School
- BLENNZ, Scott Point Satellite
- NZ Community Living







# BLENNZ SCOTT POINT



Our session includes:

Moving around the room on feet or wheels, rhythm and prop use, bright coloured scarf movement, body percussion and kinesthetic stimulation. Our students are largely non verbal, blind or low vision, requires assistance physically.





# ROSEHILL SCHOOL



Our session includes:

Warming up with dance, movement patterns, cardio fitness, then into football skills – kicks, throw ins, headers, mini game followed by a stretch and cool down. We incorporate prop use for students with higher needs throughout the session with one on one attention by teacher and support staff. Students have some limitations in communication & verbal understanding, but are fully physically capable to participate.





# PAPAKURA SATELLITE

Our session includes:

The goal in this class was to create peer leadership and confidence. By the end of our program, our students could lead their group in their own original dance fitness choreography and also get up on stage at the Fit Hop showcase and independently share the performance piece we had been working on in class.







# WATAKERE COLLEGE

Our session includes:

Dance activities in a circle format to keep everyone engaged and in full view of the teacher. We also do team building exercises like trains and tunnels, rock and roll partner work and freestyle dance challenges where the students can let their energy and individuality shine in front of the group!







# LET'S DANCE TOGETHER!

Contact Sonjia to discuss how this program  
can be implemented into your  
extra curricular in-school creative arts and  
physical education options



**SONJIA PECK**

*FHNZ DIRECTOR & LEAD  
B.PERF ARTS IN DANCE STUDIES, UOA*



021 044 9086



WWW.FITHOPNZ.COM



INFO@FITHOPNZ.COM



AUCKLAND, NEW ZEALAND