

Dance



Inspiring PE

Bollywood Y3

Links

Music; Jai Ho from slum dog millionaire

Slumdog Millionaire Dance Scenes

<https://youtu.be/xPvPUk96vb0>

Title; Dance

Year; 3



Inspiring PE

Learning outcomes

This unit of work encourages children to create a dance phrase based on the modern Bollywood theme. Students will be inspired by music, video and pictures, students will create and link actions together as individuals and with a partner.

Assessment criteria

Physical skills

- * Perform a dance phrase using a range of actions.
- * Create actions that represent a stimulus e.g. Bollywood, Hakka, Charleston
- * With a partner perform actions in unison and cannon, change speed and level of actions
- * Mirror and match action with a partner

Use of cognitive skills

Can the students:

- * Plan and follow a dance phrase, with a beginning, middle and end
- * Repeat and improve a sequence of actions, be able to describe the sequence to a student/teacher
- * Be able to talk about individual success. E.g. I am good at holding a balance still.
- * Independently lead a warm-up, using an aid. E.g. Picture cards, PowerPoint.

Use of social and emotional skills

Can the students:

- * Talk to a partner or small group in a respectful manner.
- * Use dance to tell a story and express the emotions of the stimulus
- * Describe the effects exercise has on the body. E.g. faster HR, deeper breathing, hot body.
- * Understand the importance of warming up.

Questioning

What do you know about this theme?

What skills, techniques and ideas do other performers use that you might be able to include in your own performance?

Could you use the music better?

How can you perform well with a partner?

Do you express feelings or tell a story with your actions?

Key words

Fluency

Control

Quality

Smooth

Reflect

Collaborate

Unit of work : Dance year: 3 Lesson: 1

Lesson objective – Create and link together basic Bollywood actions

Steps to success

- 1) Replicate and repeat 3 basic actions
- 2) Create own actions and link together to a count of 8
- 3) Collaborate with a partner to create and link actions together in unison



Inspiring PE

Starter activity -

Introduction to the unit of work, watch a short video clip showing different styles of Bollywood/ Indian dancing.

On the white board brain storm with the students.

- What is a Bollywood theme?
- How does the music make you feel?
- What colours do you see?
- What emotions do you see?
- What actions or shapes did we see?

Warm-up

Ask the students to travel around the room whilst listening to the music. Can the students

Walk on tip toes to the music

skip in time to the music

Side step to the music

Remind the students that we are looking for controlled action, can they travel around changing direction, keeping quiet feet and quiet mouths.

Mobilise the joints

Start with the head and move down to the feet, see warm-up sheet attached for help.

Construct learning challenge

As a class learn some basic actions

Twisting the light bulb, stepping feet

Slide and clap

Heal tap with fist hands, right elbow taps the other left fist

Dip with circle arms

Waving hands down then up

See information sheet for instructions

Differentiation

Haps

Try to move feet, hips and shoulders as the move, in time to the music

Laps

Focus on actions with the arms, introduce feet when the arms actions are confident

Application of skill

Pair the students up and ask them to replicate 4 actions or create 4 actions.
Perform these 4 actions as a pair together in unison.

What does unison mean? Perform actions at the same time as your partner.

Progress

Ask the students to perform in time to the music, can they perform each action for a count of 8. example

Twisting the light bulb, stepping feet, 4 counts to the left, four counts to the right.

Dip with circle arms, 4 counts low, 4 count high.

Heal tap with fist hands, repeat twice (4 counts each).

Waving hands, 2 counts low, 2 counts high, 2 counts low, 2 counts high.

Differentiation

Haps

Can they move in different direction or turn around

Laps

Move the feet but stay on the spot and progress to stepping sideways, front and back.

Performance

Link the pairs together and label them pair 1 and pair 2. all pair 1's will perform and pair 2's will be the audience. Pair 2 must watch their pair 1, once all pair 1 have performed, pair 2 must give them feedback, what did they see that was good, what could be improved.

Repeat this process with pair 2 performing and pair 1 being the audience.

Ask a student or the teacher to record the performances on an iPad.

The performers must only perform their 4 actions, tell the students you are looking for control and therefore students should only do practiced actions and then stop. STUDENTS MUST NOT KEEP MAKING UP ACTIONS, Quality over quantity.

The audience must watch in silence and look out for good actions and think about why they are good. The performers must perform in silence and think about performing quality clear actions.

Review

Think were you able to create and link counter actions together?

Pair talk to a partner, what did you do well today? What could you improve?

Share who would like to share ideas with the group. Pick out children to give suggestions or demonstrations.

Save the recording in a secure place, you can use this to show progression on the last week.

Stretching and mobilising the joints

These are just suggestions, you should not do all of them in each lesson, I advise the pizza as students of all ages enjoy making their own pizza and picking their own toppings. Stretching should be done after the cardio.

Create a pizza



Ask the students to sit in a straddle position, legs straight and knees on the floor. In the middle of the legs is our dough.

- * Ask the students to need the dough to the left foot then the right. Push the dough as far forward as possible.
- * Reach up to the left to get the tomato sauce, spread the source all over the dough
- * Reach up to the right to get the chees. Spread this all over the dough
- * Reach left and down for pineapple and spread all over the dough
- * Reach right and down for mushrooms and spread all over the dough.
- * Pick up the finished pizza and push as far forward as possible, to put the

Rotating at the joints

Rotate the major joints being used in gymnastics

Rotate at the wrists

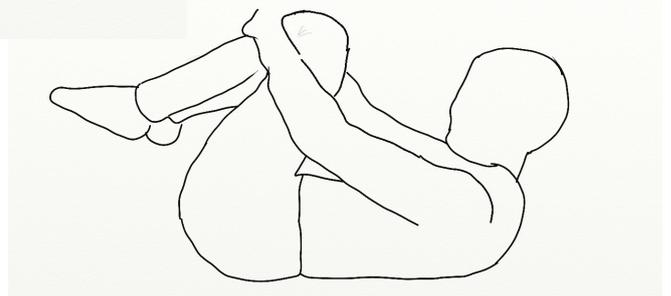
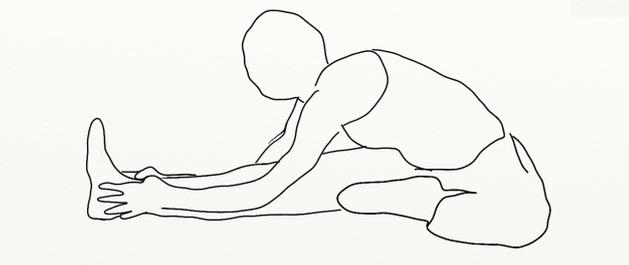
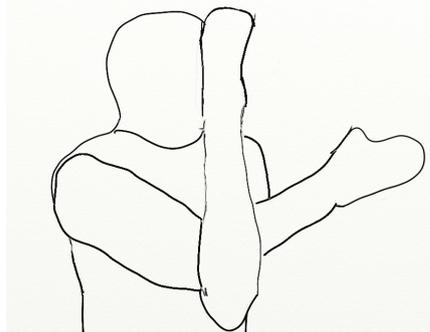
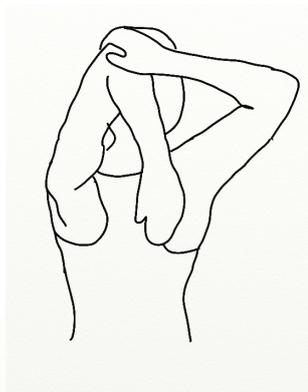
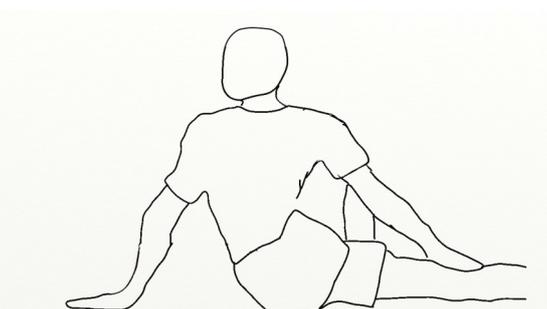
Rotate at the shoulders

Rotate at the hips

Move the ankles left and right up and down

Look left and right, look up and down

You may wish to do the following stretches with older students perhaps before and after the exercise



Links

Slumdog Millionaire Dance Scenes

<https://youtu.be/xPvPUk96vb0>

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