

Title: Bollywood Dance

Grade Level: K-5

Objective: Students will be exploring global culture through dance, and will be able to demonstrate an expanding interest and knowledge of cultural art forms originating with indigenous traditions around the world.



Lesson Plan

Materials: Speaker or amplifier, Chaiya Chaiya vs Lean On Mashup:

<https://www.youtube.com/watch?v=aOR8s2GRzi4>

Opening Activity: Bollywood is HIGH ENERGY DANCE! Warm up for it with a couple of free dance songs, or guide students through a Zumba-style routine. Encourage students to warm up the legs, arms, shoulders and core, they're going to need to be ready to really MOVE THEIR BODIES. Of course, you can always jam out to Beyonce's Move Your Body video: <https://www.youtube.com/watch?v=MYqOzAQ3IHY>

Core Activity:

- Bollywood movements are big and flashy, quick and showy, using all parts of the body in the dance. Here are 4 core moves you can use:
- Up & Down- bounce right toe to left foot (ball change) 4 times, and then repeat with the left toe to right foot 4 times.
- Hop & Clap- Step or hop to the right, place legs together and clap, then repeat to the left.
- Side to Side- step together step toward the right, stop and pose. Repeat to the left.
- Up & Down Turn- 1 full turn toward the right with right toe to left foot bounce, then repeat toward the left with left toe to right foot bounce.
- Up & Down Travel- bounce right toe to left foot (ball change) while moving forward 4 times, and then repeat with the left toe to right foot while moving back 4 times. Also, travel toward the right and to the left.
- ARMS should be added to each of these core moves- arms can reach, fold, pull or push, or sweep for each set.

Reflection: Did you notice that Bollywood style dance emphasizes hand position and shows off the hands in a way similar to Flamenco? Remember that Flamenco elements traveled to Spain from India!

