

Communication and Language: Celebrations – Applying Learning

Listening and Understanding Cultural Dance

Leanne



Lesson Structure



Welcome!



Get your resources



Model



Activity



Cultural dance

Family celebrations may include specific dances.

Today we will learn the dance moves for Jai Ho, which is a Bollywood song.

Follow the step by step instructions, then ask a parent or carer to use a music service to dance along with the song.



Let's get ready.

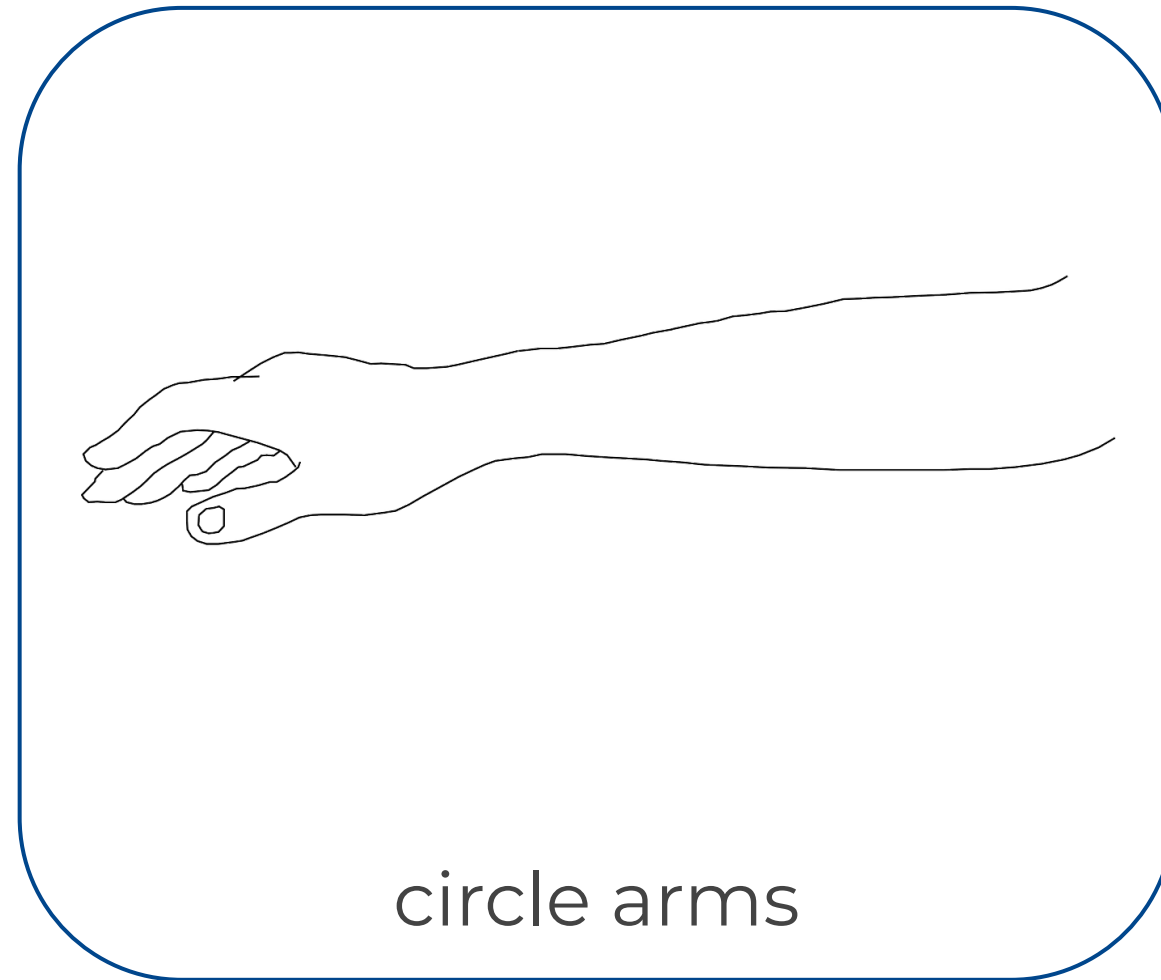
- Find a quiet space to work away from distractions
- Make the area as large as possible so there is room to move.
- Ask other family members to dance with you.



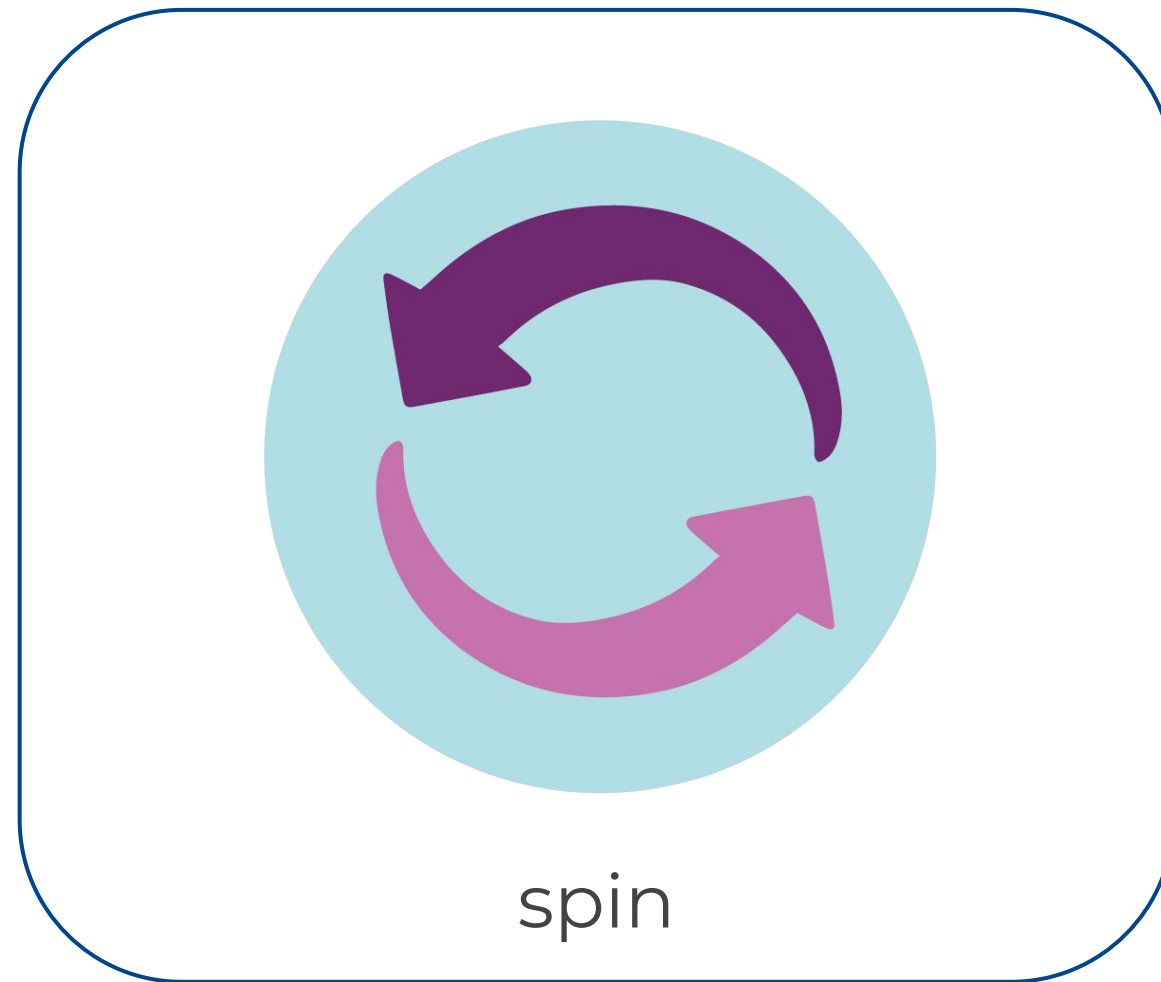
Move 1 - Bring hands together in front of your body.



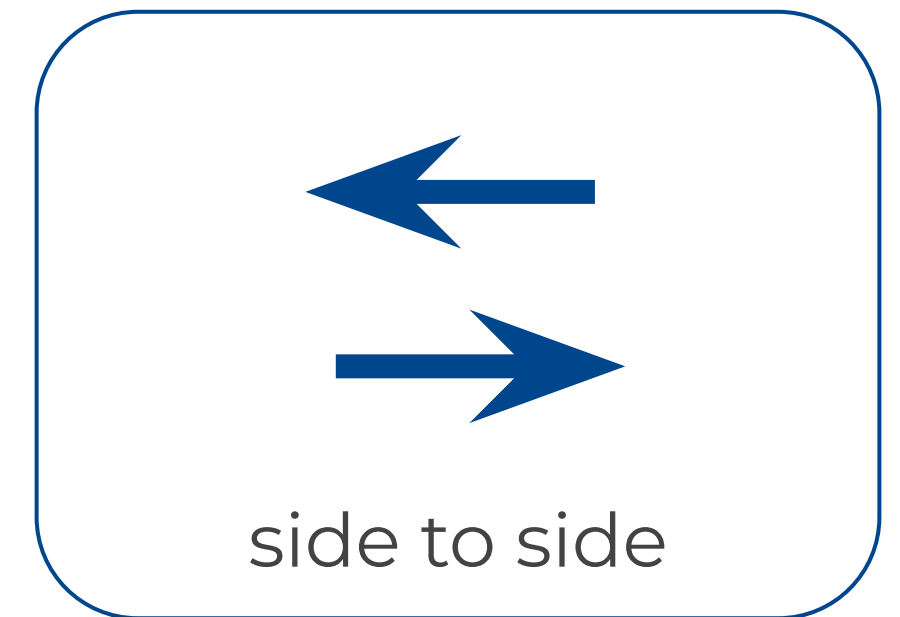
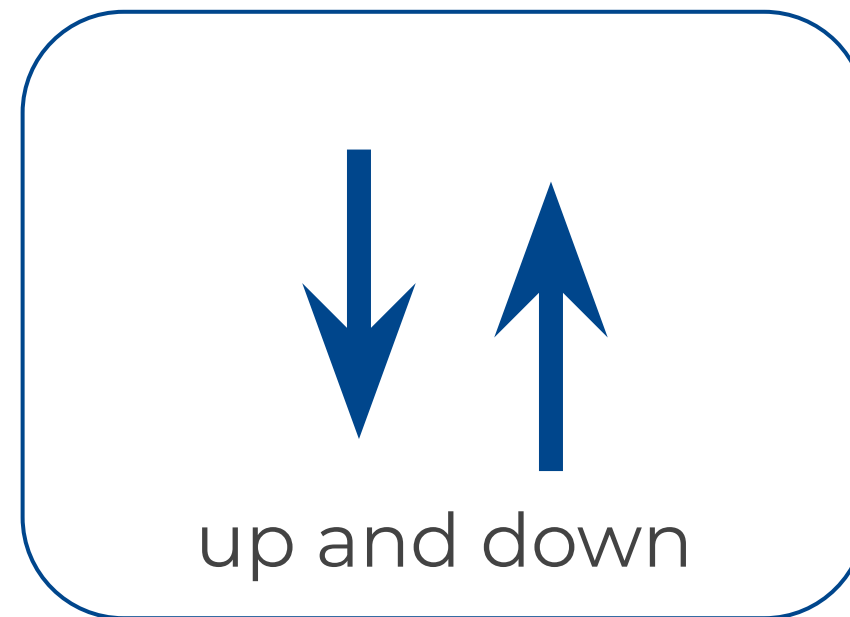
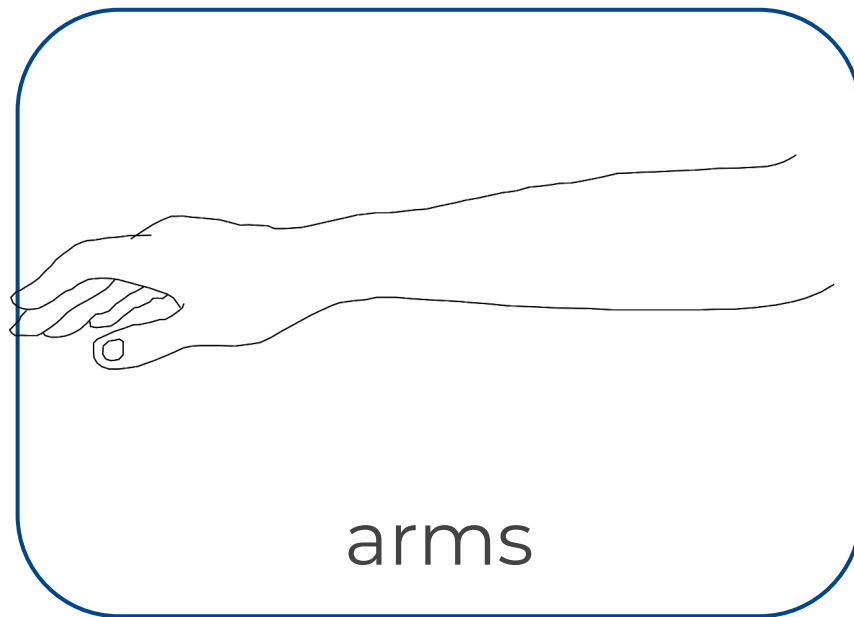
Move 2 - Bring hands/arms from the centre all the way to the ceiling and back down again



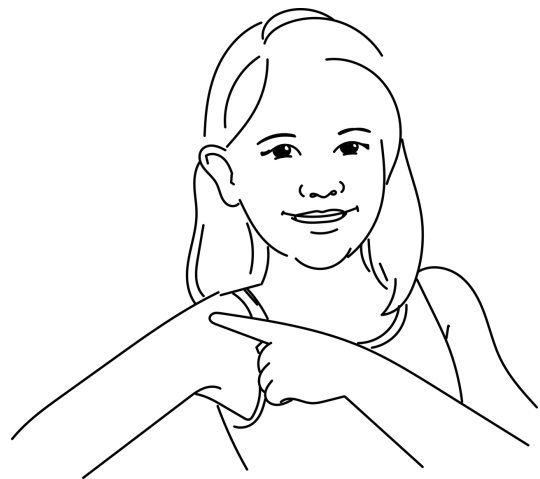
Move 3 - Spin around and come back to centre.



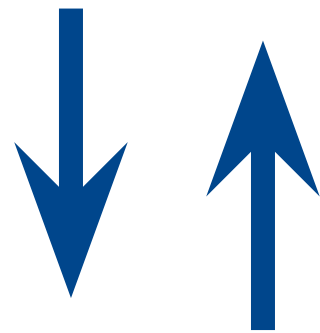
Move 4 - Lift hands up above head and back down again. Repeat movement and step from side to side.



Move 5 - Lift shoulders up and down and then wave arms from side to side.



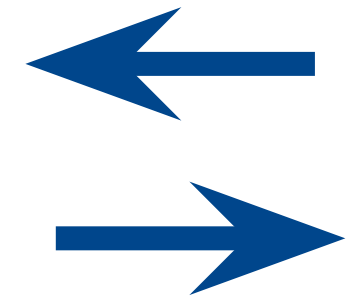
shoulders



up and down



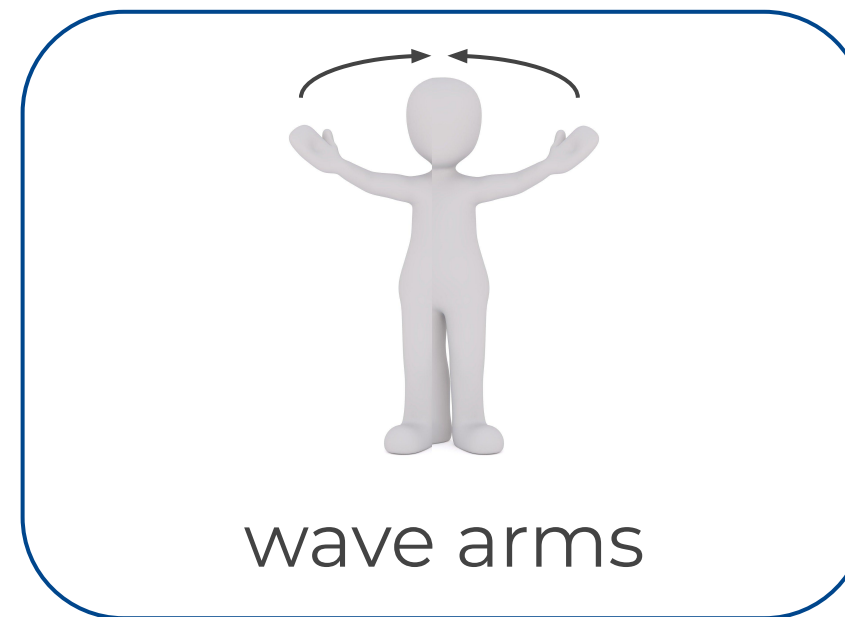
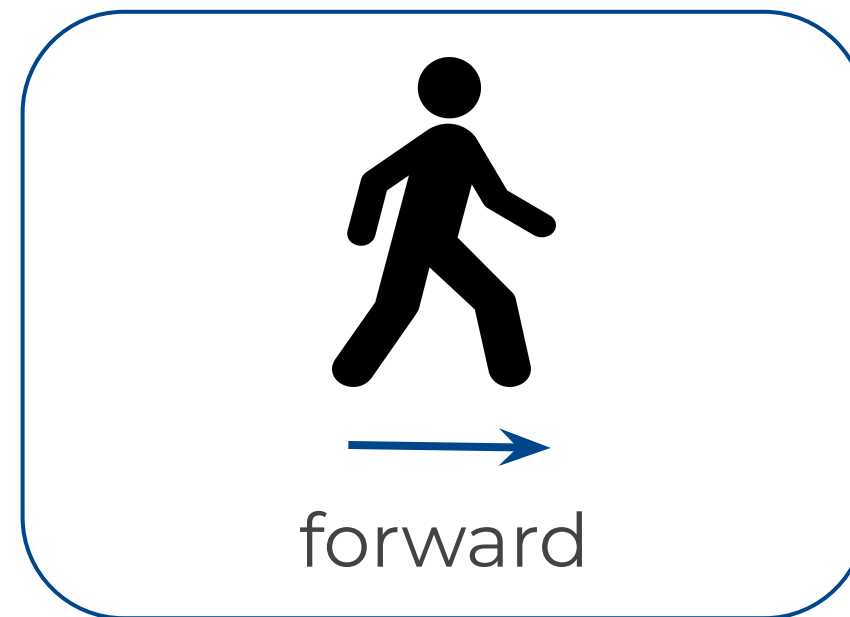
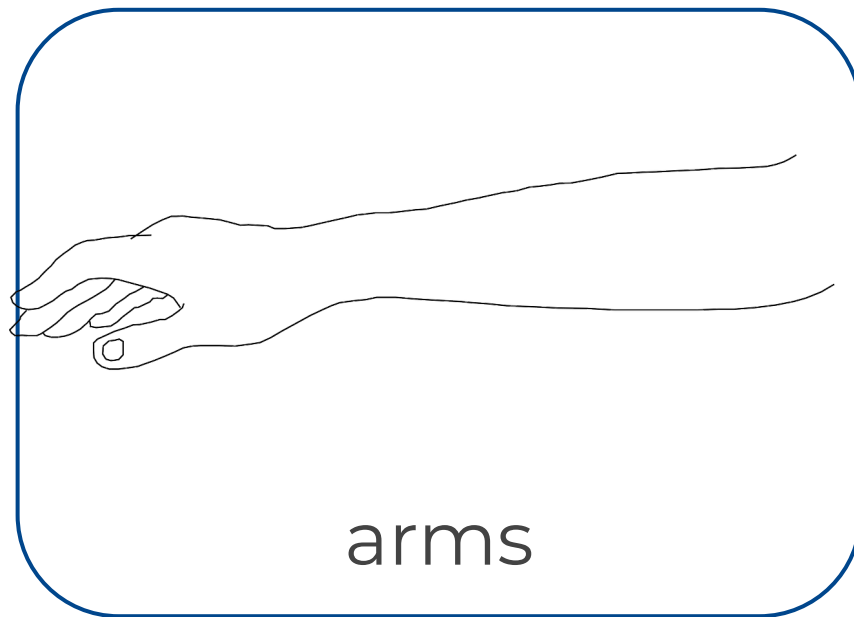
wave arms



side to side



Move 6 - Bring arms to the front and back and wave arms to the sky.



Now it's time to complete the activity

Cultural Dance

- **Practise the 6 moves.**
- **Find the song.**
- **Dance to the song.**



Make it easier

Use the first 3 moves and repeat these in a sequence.

Adult leads and the learner copies.

Make it harder

Once the sequence is learnt, repeat it 3 times to the music.

Adult to verbalise the movement and the learner shows the movement.

More ideas

Use the symbols and rearrange them to make a different dance routine.

Create 6 different movements and draw them onto paper. Make a sequence and learn the dance.

