



Year 4 Physical Education - Autumn Term: Dance - Bollywood



1. Dynamics

Speed
Energy
Flow

4. Narrative dance sequence

Identify a character and narrative
Create 8 counts of movement using gesture/s
Link movements in order to convey a narrative

2. Levels and direction

Change level (high, medium, low)
Clear movement actions
Change direction (face to face, side to side, facing the same way)
Partner work
Communicate
Positive
Areas of improvement



What choreographic devices can you use to make the dance exciting?

5. Change dance sequence

Change direction of a movement
Change the level
Dance in a group formation
Group work

3. Character and narrative

Gestures (use of hands)
Scale of movement (big or small movements)
Facial expressions
Stillness to demonstrate narrative
Group work
Communicate
Respect other's ideas



6. Group dance

Combination of two sequences
Adapt dance to work in a group formation
Perform dance with character and expression
Group work



India	Choreograph	Energy	Feedback	Flow	Formation
Level	Movement	Phrase	Speed	Unison	Direction