

HOLI

Spring Festival Dance

This unit is inspired by the Hindu spring festival of Holi. The children learn a Bollywood-style celebration circle dance that develops rhythm and coordination and develop a short partner dance based on their own celebration ideas.

Specific Learning Outcomes

- Perform short dances to others.
- Recognise movement patterns and the overall structure of a dance.
- Enjoy watching people dancing in a different context and describe what they see and feel.

Stimulus

The Hindu spring festival celebration of Holi.

Resources



Holi circle dance (see Video folder in this web resource); look at video clips of Bollywood or Bhangra dances.

Accompaniment

Bhangra or Bollywood music.

Content

- Rhythm
- Coordination of hands and feet
- Pattern and phrase
- Travelling and turning
- Partner work
- Sense of style

Assessment

- Peer-to-peer evaluation (half the class watch the other half) perform the circle dance.
- Pair-to-pair or group-to-group evaluation of phrases.
- Perform to another class, videotape and evaluate.

Curriculum Links

- Geography: Other lands, other cultures
- Art: Pattern (look at Rangoli patterns)
- Maths: Pattern and shape
- RE: Festivals and celebrations; Hinduism

Options

- Older and more experienced classes could combine ideas in groups of 4 to make a longer phrase.
- This dance idea could be adapted for Diwali (children hold imaginary lamps). This would require slower music.

Possible Unit Structure

- Lesson 1: Introduce Holi; learn hand gestures; learn and evaluate circle dance.
- Lesson 2: Recap circle dance and create partner dance; evaluate.
- Lesson 3: Recap circle and partner (or group) dance and repeat circle dance in groups.
- Lesson 4: Practise each section; perform and evaluate the complete dance.

(continued)

HOLI (continued)**Possible Dance Structure**

- Perform the circle dance as whole class.
- Peel off in pairs and follow partner to a space to perform partner dance.
- On signal, travel to meet up with another pair.
- Perform circle dance as a foursome.

Warm-up

- Circle different body parts; clap, stamp and step on the beat (see lesson 1).
- The circle dance could be used as a warm-up for subsequent lessons.

Tasks	Teaching Points
<p>Introduction: Talk about Holi, the Hindu spring festival, when people throw coloured powder and make bonfires.</p> <p>Use hands to tell the story: Flames and smoke of the bonfire, throwing the dye (shoot out the fingers and make fists rhythmically), pick blossoms and put them in an imaginary basket.</p> <p>Stand and practise clapping and stepping on the beat.</p>	<p>Compare with other special times and celebrations.</p> <p>Children sit close to you.</p> <p>Vary this by clapping high (right then left) for the first 2 claps and then low (right then left) for the next 2.</p>
<p>Circle dance:</p> <ul style="list-style-type: none"> • Clap right, left, right, left (repeat). • Take 4 steps forwards and 4 steps back (repeat). • Turn on spot one way then the other (4 steps each), hands on hips and straight back. • Travel clockwise (follow the leader) with a rhythmic step–bend action; keep hands on hips. • Add gestures: start in a crouch and rise and sink using hands and arms as flames of a bonfire. • Add throwing action on each step forwards and shake the dye from the hands towards the floor when stepping back. • When travelling round in the circle, add the picking action (outside hand picks blossom from high right and places it in imaginary basket on left or inside arm in a curved shape). • Practise the dance a few times. • Alternate dancers sit down and watch the others perform. Look for good performances. Swap. 	<p>Hold hands to begin with to avoid children rushing forward.</p> <p>Turn right then left. Take 3 steps and close feet on count 4. If turning is too difficult, take 2 step-closes to each side.</p> <p>Step on the beat and bend the supporting leg in between each beat; this gives a bouncy rhythmic feel.</p> <p>Encourage smooth, light and flowing qualities.</p> <p>Shoot fingers out at the person opposite.</p> <p>Coordinate picking with stepping.</p> <p>What makes the performance good (timing, movement memory, neat steps, expressive hands, smiling)?</p>

(continued)

HOLI (continued)

Tasks	Teaching Points
Partner dance: <ul style="list-style-type: none">• Discuss possible actions for a happy celebration dance.• Pairs explore different actions and select 2 to practise.• They make a repeating pattern using both types of action.• Pair evaluation.	<p>For instance, turn together, swing, wave, skip. Select one pair to demonstrate an effective phrase.</p> <p>Can they see 2 different actions? Have they made a pattern that repeats?</p>
Group circle dance: Combine with another pair. Perform the class circle dance but this time in 4s. For an extension task, the groups could combine the partner dance phrases to make a group dance. Practise each section and transitions. Perform to another class; videotape and assess.	<p>Use the specific learning outcomes.</p>