

EDSTART KNOW

- I can explain how to perform dances fluently and with control.
- I can describe how to create a short group dance that includes original and creative ideas.
- I can understand how to link movements together smoothly to create a fluent routine with clear transitions.

EDSTART GO

- I can perform dances with fluency, timing, and control in front of others.
- I can choreograph a small group dance, showing creativity and teamwork each week.
- I can create and perform a fluent routine that includes 5–6 linked dance elements.

EDSTART SHOW

- I can demonstrate confidence and expression when performing individually and as part of a group.
- I can evaluate my performance and use feedback to refine movements and transitions.
- I can show focus, rhythm, and creativity in my final performance, performing with energy and emotion.

Key Vocabulary

rhythm, timing,

sequence, expression,

control, coordination,

movement, creativity

Role Models



Ashley Banjo -
Street Dancer /
Diversity Leader



Misty Copeland
American Ballet Dancer

What do we know about dance?

Bollywood dance originated in India and is inspired by the vibrant routines seen in Indian cinema. It blends traditional Indian dance styles, such as Kathak and Bharatanatyam, with modern influences like hip-hop, jazz and street dance. Known for its expressive gestures, colourful costumes and energetic movements, Bollywood dance tells stories through rhythm and emotion. It encourages confidence, creativity and teamwork while improving coordination, flexibility and overall fitness.

In Year 4 we learnt

- **to perform dances fluently and with control. Children can use and structure simple movement phrases individually, in pairs and in groups.**
- **to respond to a range of stimuli, improvising freely using a range of controlled movements and patterns.**