

EDSTART KNOW

- I can explain how to link movements together to make a fluent dance sequence.
- I can describe how to create and structure movement phrases on my own and with others.
- I can understand how different music, sounds, or themes can inspire my movements.

EDSTART GO

- I can perform dances fluently and with control, showing awareness of timing and space.
- I can create short movement phrases individually, in pairs, or in groups.
- I can respond to a range of stimuli by improvising with different controlled movements and patterns.

EDSTART SHOW

- I can perform my dance confidently, showing rhythm, coordination, and creativity.
- I can work cooperatively with others to perform or combine ideas in a group routine.
- I can describe and evaluate my performance using correct dance vocabulary.

Key Vocabulary

rhythm, sequence,
formation, expression,
timing, coordination,
performance,
confidence

Role Models



Oti Mabuse -
Professional
Dancer & TV Judge



Perri Kiley
British Street 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 3 we learnt

- to work creatively and imaginatively, independently and in groups/pairs.
- to repeat, remember and perform phrases in a movement to music.
- to work with a partner and in small groups to explore different relationships e.g. pushing and pulling actions, going over, under and around each other and circling actions.