

## Course Description and Outline

<b>Course Title</b>	Bollywood Dance - Beginners		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	A3571
<b>Duration in Weeks</b>	10		
<b>Brief Description of Course What will the course cover?</b>	<p>The aim of this course is to teach the basics of Bollywood dance. Students will learn how Indian folk and classical dance elements are fused with non-Indian dance styles. You will learn that although Bollywood dance borrows from non-Indian cultures, it infuses these with specific Indian flavours so as to create an unmistakable style.</p> <p>You will learn the technical vocabulary used in this dance style. You will also develop musicality and spatial awareness by following different step patterns, dance sequences and group formations set to music with different time signatures and speed.</p> <p>References to the historical development of the style and its connection with other dance genres from different parts of the world, will be shared with you to support your understanding of the style and technique.</p>		
<b>Entry Requirements</b>	None, but you must enjoy dancing and responding to music.		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Do warm ups at the beginning of each session that have elements of Bollywood.		
<b>2</b>	Learn Bollywood dance sequences each lesson.		
<b>3</b>	Experience the basic fluidity in the hips, legs, arms, shoulders, head and eyes that underpin the Bollywood style.		
<b>4</b>	Dance as a group aiming to be precise in coordination, timing, body positioning and use of space.		
<b>5</b>	Prepare for an End of Term performance.		
<b>Equipment Required What will I need to bring to class?</b>	<ul style="list-style-type: none"> <li>• You will need to wear loosely fitting clothes, which are comfortable to move in.</li> <li>• You will dance either barefooted or wearing dance shoes.</li> </ul> <p>A notebook and a pen. A bottle of water – no other drinks are allowed in the dance studio.</p>		
<b>What courses can I go on to?</b>	Your tutor can be approached for additional information and advice during the course.		

### **What examination or assessment will there be and what will it involve?**

There will be an initial assessment followed by on-going assessment of progress and achievement.

This course will also include:

- Structured opportunities for self evaluation;
- Use of video as a reflective tool;
- Peer observation;
- End of course feedback, evaluation and review.

### **How will I know I am making progress?**

Your tutor will give you on-going feedback.

You will have an individual learning plan to monitor your own progress:

- You will receive constant correction as you are learning the sequences.
- You will be set a target to practice the dance sequences you have been taught.
- You will be asked to demonstrate the dance you learnt the previous week and feedback will be given.

### **Is there anything else I need to know?**

- In general, we will not allow late entry to any course after the first two weeks.
- Short intensive courses and most workshops will not accept new learners after the first class.

In all cases the full fee will be charged.

- You are advised to practice a few minutes daily to assimilate the dance sequences you have learnt. The amount of time is dependent on your interest and capacity.

At the end of the course there will be a course evaluation to complete

During the course suggestions and ideas will be welcomed especially if they contribute to the improvement of the learning experience of the whole group.

### **What if I want extra support? Contact the Learner Support & Advice Team**

The Learner Support & Advice Team can support learners achieve their education and employment goals. Information, advice & guidance is given on a range of issues including, financial support and support available for learners who are disabled and learners with learning difficulties, Come and see one of our experienced and friendly advisors who can help you make the next step. For further information, text **IDEA** and your name to **07950 080 341** or email

**ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.3