

“Franconian Kathak and Bollyfit” with Elizabeth Elengical



🎯 What will your learning goals be?

- Today I learned that _____
- I found particularly exciting _____
- I would like to try ... _____

🔄 Vocabulary preview: Word Scramble

Task: Find the right word – all words appear in the video!

Scrambled letters	Hint	Solution
CEDAN	Expressive movement, often with music	
DYWOLLOBO	Indian cinema, often with lots of music and dance	
TIFNSES	Staying healthy through movement	
RUTCEUL	The way of life, customs, and art forms of a group of people	

🔄 Opportunities for discussion and conversation

Discuss the following questions in pairs and write down your answers in the "Before the film" column.




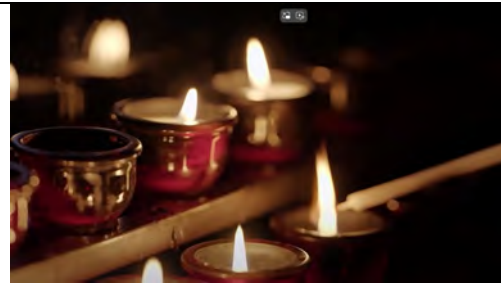


1. Are you familiar with Bollywood? If not, watch a video on YouTube.
2. What other dances do you know from other countries (for example, Argentina, Brazil, Austria, etc.)?
3. Do you have to speak the same language to be able to dance together?
4. What functions can dancing have? Making friends? Entertaining? Exercise? Passing on traditions? Religious rituals? Can you think of any other functions?

Before the film	After the film
1)	1)

Discuss the questions again after the film. How has your perspective changed?

Task 1: Stories in Pictures

Look at these pictures from scenes in the film. Make initial guesses about what each is about. Then watch the first part of the film (0:00 – 9 min., available from <https://www.musikwissenschaft.uni-wuerzburg.de/moon>) and correct or expand your interpretations. Discuss your findings with the person sitting next to you.

Picture	What's going on here?
	
	
	
	
 <p>Colors of Indian Dance Residence Würzburg</p>	
	

Task: Creating Dance Media

1. In a group, produce a **short explanatory video** or skit on the topic: "What is BollyFit?"















OR

2. In a group, create a **dance tutorial**: Use simple Bollywood dance videos and practice a short choreography (e.g., "Learn easy Bollywood dance" on YouTube).

OR

3. Use a computer program of your choice (or markers and paper) to design an invitation poster for your own BollyFit class at your school.

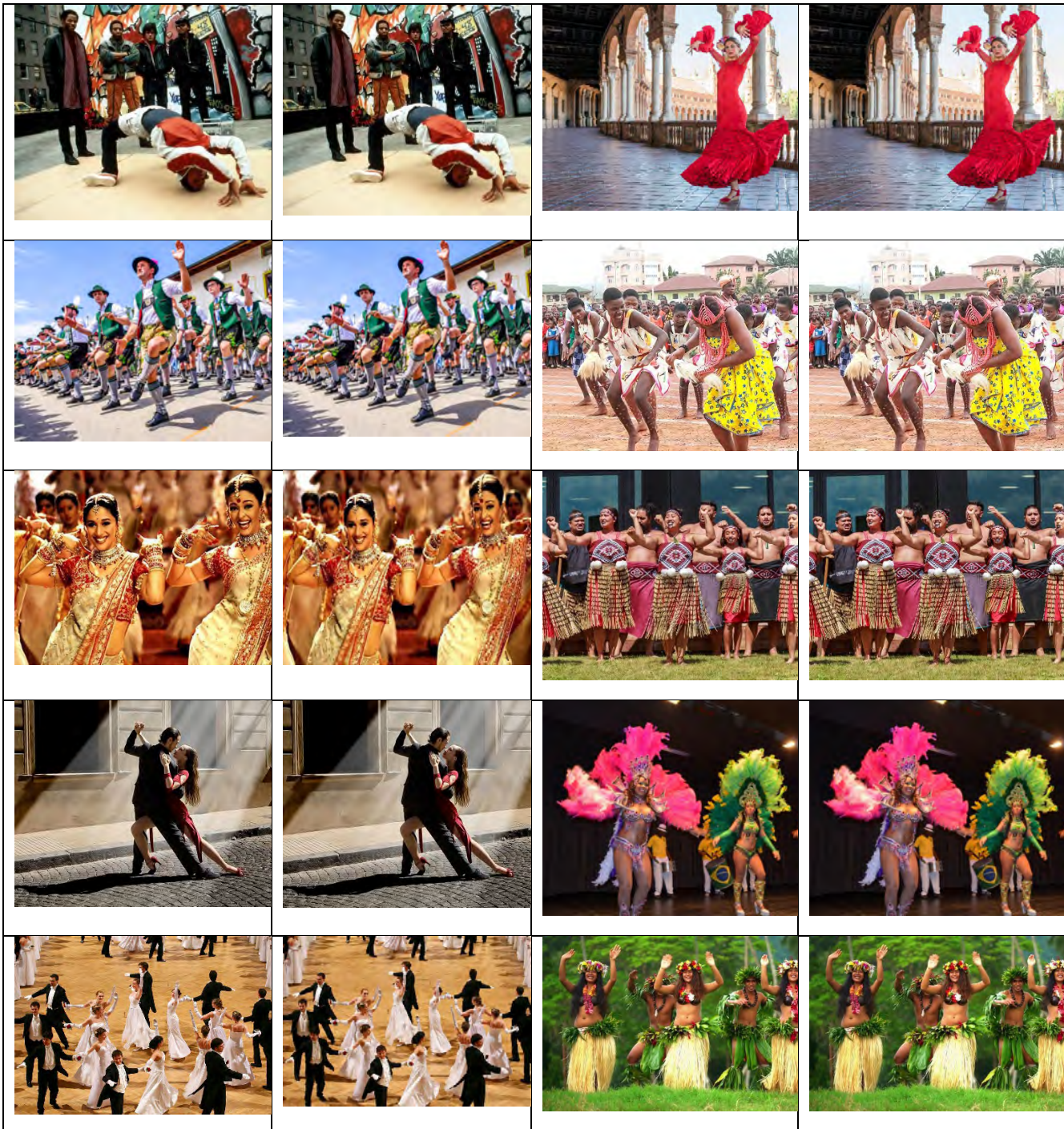
Tips

<p> Specific guidelines: Explanatory video "What is BollyFit?" Goal: Viewers should understand what BollyFit is.</p> <p> Steps:</p> <ol style="list-style-type: none"> 1. Gather information: What is BollyFit? Where does it come from? Why do people do it? 2. Write a short script (who says what?). 3. Record short clips—explain using movement, images, or speech, for example. 4. Use simple language and a friendly tone of voice. 5. Don't forget the closing sentence: <i>"Now you know what BollyFit is!"</i> <p> Tip: You can use props (scarves, clothing, music)!</p>	<p> Specific guidelines: Dance tutorial Goal: Others should be able to easily follow the choreography.</p> <p> Steps</p> <ol style="list-style-type: none"> 1. Choose 4–6 dance steps (e.g., from YouTube or create your own). 2. Practice them slowly together. 3. Divide the tutorial into small sections (e.g., greeting – step 1 – step 2 – ... – everything together). 4. Speak slowly and clearly when recording: <ul style="list-style-type: none"> o <i>"Now for step 1: Hands up!"</i> 5. At the end: Dance everything again with music! <p> Tip: Film from the front or slightly to the side – this makes it easy to follow along.</p>	<p> Specific guidelines: Invitation poster Goal: The poster should make others curious to come to the BollyFit class.</p> <p> Important elements:</p> <ul style="list-style-type: none"> •  What? – BollyFit class (short explanation in 1 sentence) •  When? – e.g., next Wednesday, 1 p.m. •  Where? – Gym, auditorium, or similar •  Who? – Who is it for? (e.g., grades 4–6) •  Why come? – Fun, exercise, music! <p> Design tips:</p> <ul style="list-style-type: none"> • Use colors and Bollywood images or fitness symbols (e.g., dance silhouettes) • Large, legible font • Perhaps a QR code or mini link to your dance video?
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Present your results to the class.

Different dance forms, different cultures

1. What dances are danced in your country or culture? Do you need special training or can anyone dance them? How are they similar or different to the dance forms in the film (e.g., Kathak classical dance, Gujarati folk dance, Bollywood popular dance)?
2. Imagine you want to learn a type of music or dance style that neither your teachers at school nor your family members can teach you. How would you go about learning it? Can you learn a dance form by watching videos, or do you need to travel to learn it in person?
3. Is it important to come from a culture to be able to dance that culture's dance? Is it okay to learn a dance from another culture? What would you have to consider when doing so?
4. Cut out the pictures below, identify the dances, then play a round of memory.



Dances: Bollywood (India); Flamenco (Spain); Gwara, Gwara (South Africa); Haka (New Zealand); Hip-Hop/Breakdance (USA); Hula (Hawaii); Samba (Brazil); Schuhplattler (Germany); Tango (Argentina); Viennese waltz (Austria)

Game: "Word to Motion – Stories in Dance"

Many dance forms, like the Indian classical dance Kathak, tell stories. In this **fun game**, use words and stories to create your own dance moves and choreographies.



Procedure:

- **Warm-up (5 minutes)**
 - Short rhythmic warm-up: clapping, stomping, small turns.
 - Teacher asks: "What kind of stories can dance tell?"
Students brainstorm words: *love, storm, hero, friendship, anger, freedom...*
- **Drawing word cards (10 minutes)**
 - Teacher or students prepare **word cards**.
Examples:
 - **Nouns:** river, fire, mountain, heart, king, bird
 - **Verbs:** run, rise, hide, spin, break, dream
 - **Feelings:** joy, fear, anger, calm, love
 - Each player draws a **word card** and has 30 seconds to express it in movement or gesture.
- **Form a dance phrase (10 minutes)**
 - In small groups, students combine **3–5 words** (e.g., *storm – courage – fall – rise – joy*).
 - Use the words to inspire a **mini dance sequence** (30–60 seconds) that tells a short story—e.g., a heroic tale, a nature metaphor, or a feeling.
- **Performance & guessing game (10 minutes)**
 - Each group performs their dance without revealing the words.
 - The audience guesses: "Which words or story did you see?"
 - Afterwards, the group explains their movement choices (for example, "we used *storm* for fast spins, *fall* for a drop, and *joy* for a jump").
- **Reflection (5 minutes)**
 - Teacher asks:
 - "How did it feel to *translate* a word into movement?"
 - "What kinds of stories can dance tell – like in Kathak?"
 - "Can dance express things that words cannot?"



Variations:

- **Advanced:** Dance whole sentences or proverbs (e.g., *Every cloud has a silver lining*).
- **Cultural history:** Each group chooses a theme from cultural history (e.g., a myth, a legend, an everyday moment).
- **Intercultural:** Students with different cultural backgrounds teach other students dance moves.
- **Language-oriented:** Connect words with movements using short spoken words (e.g., rhythmic emphasis).