

Chinese Dance Workshop for Preschool

as part of NAC-AEP (Experience) Programme

Programme Title:	Chinese Dance Workshop for Preschool
Art form:	Dance
Target Audience:	Preschool Students
Venue required:	Activity Hall or Room
Duration of each session:	1 hour
Total no. of sessions:	3 sessions
Material/ Equipment needed:	CD player
Student: Instructor Ratio	1 instructor to 24 students

Outline of Programme:

There are misconceptions that “Chinese Dance” is all about fans, ribbons, and handkerchiefs. In fact, “Chinese dance” is an umbrella term for dances of Chinese origin.

Chinese Dance workshop is an enhanced programme that deepens students’ understanding and imparting basic skills to them through fun and engaging activities. Students will be exposed to the different styles of Chinese dance and learn about the lively music and movement used.

This workshop aims to evoke interest and understanding towards Chinese dance, through engaging activities such as, role playing and sing-along. Students will be guided to explore and create their own movement as well.

Learning Outcome:

At the end of the programme, the students will be able to:

- a) develop better locomotors coordination;
- b) understanding of Chinese dance as a cultural arts form;
- c) Students get to express themselves through dance.

Assessment Task:

1. Group Performance

Programme Rundown:

Session Objectives	Duration	Student Activity
Session 1		
To allow students to feel safe and comfortable with new instructors	10-mins	<ul style="list-style-type: none"> - Seat in rows as the instructor introduce him/herself to the students. - Go through objectives of the course - Share prior knowledge of Chinese dance with instructor
To allow students to get ready for physical activities	15-mins	<ul style="list-style-type: none"> - Follow a short dance warm up routine
To equip the students with dance routine (A) that focus on the hand gestures and vocabulary used in Chinese dance	30-mins	<ul style="list-style-type: none"> - Follow a short dance routine
To allow students to share ideas and feeling about their experiences	5-mins	<ul style="list-style-type: none"> - Take turn share their experience
Session 2		
To allow students to get ready for physical activities	10-mins	<ul style="list-style-type: none"> - Follow a short dance warm up routine
To hone students' concentration and memorisation	15-mins	<ul style="list-style-type: none"> - Guided to recap movement from previous exercises
To allow students to make connection with previous set of movements	30-mins	<ul style="list-style-type: none"> - Follow and complete the set of dance routine
To allow students to share ideas and feeling about their experiences	5-mins	<ul style="list-style-type: none"> - Take turns to share their experience
Session 3		
To allow students to get ready for physical activities	5-mins	<ul style="list-style-type: none"> - Follow a short dance warm up routine
To allow students to prepare themselves to perform	15-mins	<ul style="list-style-type: none"> - Recap in group
To allow students to perform confidently and talk about what they like about the performance	40-mins	<ul style="list-style-type: none"> - Perform dance routine in group and take turn to present in group and share their thought