



"LOUD AND PROUD!"

Dhol Drumming & Bhangra Performances

Introduction

Punjabi Roots Academy is a specialist Asian performing arts workshop and entertainment provider. Here our mission is to embed students with solid values and positive attitudes whilst gaining new skills and qualifications. Our expert and fully qualified coaches can teach the following interactive, exciting and educational workshops:

- *Bhangra dance
- *Playing a wide range of Instruments

Through our extensive experience and knowledge in the mainstream performing arts and media industry we have an established history of working with a variety of schools, communities, organisations and businesses. We have partnered with Bradford Council's Music and Arts Service and are currently offering all schools our excellent Dhol drumming and Bhangra dancing workshops. Not only will your students enjoy playing the large drums and learn intricate Bhangra dance moves, but they will also experience the following in our carefully planned and structured sessions:

- * Dhol & instrument history
- * Dhol & instrument beats
- * How to create a Dhol routine
- * Bhangra and Bhangra dance History
- * Bhangra-ise - fitness building on athleticism, skill, speed, stamina and agility
- * Colourful outfits
- * Dance moves
- * Health & Safety

Anticipated Outcomes/Personal Social development:

- * Enjoy and achieve
- * Develop new/transferable skills
- * Build social interaction
- * Gain organisational skills
- * Build relationships
- * Team work
- * Break down social and community barriers
- * Build confidence and self esteem
- * Listening/Communication skills

Age range of participants: 5-11 years old
Duration: 1 hour (plus 15 minutes set up and take down)

