

PANJABI



Week 9

Write each letter on print out and say the sound

WEEK 9

1. ਯ Y YAY-YA

ਯਾਰ (YAAR) = FRIEND

ਯੱਕਾ (YKKA) = HORSE CARRIAGE

2. ਰ R RA-RA

ਰੰਗ (RA-NG) = COLOUR

ਰੇਤ (RET) = SAND

3. ਲ L LAL-LA

ਲਾਲ (LAL) = RED

ਲੱਕ (LA-KK) = WAIST

4. ਵ V VA-VA

ਵੀਰਵਾਰ (VIR-VAR) = THURSDAY

ਵਿਸਾਖੀ (VISA-KHI) = VISAKHI

5. ਝ RH RA-RHA

ਕੀੜੀ (KI-R(D)HI) = ANT

ਕੌੜਾ (KO-R(D)HA) = SPICY

6. MATRA

ੌ AU KANAURA

ਕੌੜਾ (KO-R(D)HA) = SPICY

ਮੁੜਨਾ (MUR(D)-NA) = TURN

## **HOMEWORK**

Practice on writing/saying the 6 letters/Matra at home and bring to class next week

## **DANCE OF INDIA**

### **THE BIHU DANCE**

The **Bihu dance** is an indigenous folk dance from the Indian state of Assam related to the Bihu festival and an important part of Assamese culture.

Performed in a group, the Bihu dancers are usually young men and women, and the dancing style is characterized by brisk steps, and rapid hand movements.

The traditional costume of dancers is colorful and centred round the red colour theme, signifying joy and vigour.



The earliest depiction of Bihu dance is found in the 9th century

The dance begins with the performers, young men and women, slowly walking into the performance space.

The men then start playing musical instruments, like drums (particularly the double-headed dhol),

horn-pipes and flutes, while the women place their hands above their hips with their palms facing outwards, forming an inverted triangular shape.

The women then start to slowly move in tune with the music by swaying, while bending slightly forward from the waist. Gradually, they open up the shoulders and place their legs slightly apart, adopting the main posture used in the Bihu dance. Meanwhile, the music played by the men picks up in temp and intensity, leading women to move to the tune.

Bihu is performed by groups of young men and women and in earlier times it served principally as a courtship dance.

The first time that the Bihu dance was performed on a stage was in 1962, part of a cultural event that took place in Guwahati.

**Show video and ask them to pose**

**Who can hold the pose longest wins!**

©SMILE 4 Kids Ltd 2018 - 2021