



## SAMBA: A physical activity and dance program for South Asian & Middle Eastern women

### Overview

- This ten week program will provide South Asian and Middle Eastern Women with a sequence of warm up, balance, dance and movement activities that we hope will increase their knowledge and understanding of physical activity, movement, and exercise to improve health and wellbeing.
- This program has been designed by exercise physiologists from Curtin Stadium and community facilitators after group discussions with women from different South Asian communities.
- Elements of physical activity, movement, and dance will be shared with the women over 10 weeks.
- Participants will learn to increase their physical activity, reduce sitting time, and improve their motivation for physical activity and psychological well-being.
- Participants will complete simple movement sequences that show an understanding of dynamics, spatial awareness, relationships, and timing.
- The women will develop proficiency in the fundamental movement skills of jumping, hopping, turning, dodging and fundamental locomotor movement. The women will also develop strength and benefit from conditioning exercises.
- Participants will learn how the dancing body relates to other individuals, and groups.
- They will participate in physical activities that promote enjoyment and recognise the importance of these for health, strength, lifestyle and balance.

### The participants will learn

- About the importance of physical activity for health and well-being.
- Behaviour change and motivation to sustain physical activity.
- About the human body and movement and the importance of stretching.

### Week and date

**Week 1 (and Week 6\*)**

\*A more intense version of the first session can be delivered in week 6 (e.g. build on dance)

\*\*Facilitators to please keep in mind that we have a very culturally diverse group of women so we may need to adapt to something more generic (e.g. more generic

### Session Component

**Facilitators to please take the attendance before each session.**

**Facilitators to introduce themselves and build rapport. A combination of stretching, yoga and Pilates could be used during the warm-up and cool-down of the session.**

#### **Warm up (5 to 10 minutes):**

The first session should begin with partner/group based warm up or physical activity ice breaker to help the women get to know each other.

#### **Non-dance component (10-15 minutes):**

Exercise	Time	Comments
Air punches	45sec/station.	Use water bottles
Sit-to-stand	15sec to move to next	Requires chair x2
Wall push ups	station.	Can progress to floor
SA OH tricep extension	Run through circuit 3	Use water bottles
Star jumps	times with 1.30 min break	Can regress to steps
Inchworm	between each round.	
Sideways squat shuffle		

<p>type of music/dance) as we go</p> <p>Also, perhaps less focus on explanation of where the music and dance originates from and more on getting the women moving.</p>	<p>Also some core/abdominal exercises</p> <p><b>Dance** (approximately 15-20 minutes):</b>          Introduce students to soft Indian dance beats and music. We will be playing soft music from different states of India, i.e. Gujrat, Bengal, Maharashtra and Punjab. Explain to the students – how to understand the beat and interpret the body and movement according to the beat.          Students will be introduced to slower music and beats at first.</p> <p><b>Songs</b> – shubh aarambh, Smile, Jhumar, Navrai Majhi</p> <p><b>Action</b></p> <ul style="list-style-type: none"> <li>• how are you moving</li> <li>• which part is moving</li> <li>• variation in intensity – make it easier or harder for women (i.e., give them the options) depending on what they are comfortable with.</li> </ul> <p><b>Cool down (5 minutes):</b>          Partnered or single stretching: a list of the stretches that the facilitators will guide the participants through</p> <p><b>During the Cool down session, facilitators to please ask participants for feedback and what should be changed if any (so that we can amend if required for week 6)</b></p>
<p><b>Week 2 (and Week 7)</b></p> <p>*Leave OH press in week 2 and perhaps deliver in week 7</p>	<p><b>Facilitators to please take the attendance before each session</b></p> <p><b>Warm up (5-10 minutes):</b>          Short dance sessions or as suggested by women.</p> <ul style="list-style-type: none"> <li>• Macarena</li> <li>• Conga</li> </ul> <p><b>Non-dance component (10-15 minutes):</b>  <b>3x 45s = squat + OH press*</b> alternate with <b>45s = plank variation</b>  <b>3x 45s = push up variation</b> alternate with <b>45s = glute bridge</b></p> <p><b>1x 60s = side stepping (or ladder/dance step?)</b> alternate with <b>60s = toe taps (with any object)</b></p> <p><b>3x 45s = sumo hold punches</b> alternate with <b>45s = bounds</b>  <b>3x 45s = alternating sidekicks</b> alternate with <b>45s = plank walk out</b></p> <p>[consider variations and different capabilities of the women]</p> <p><b>Dance (15-20 minutes):</b>          Recap of last week and further learning basic Bhangra steps, i.e. – Punjab, Dhamaal, GuttChar, Jhaffa. (Dance from North India)          Making students understand the change in pace and its connection with body movement. <b>Facilitators to please ensure that participants are not sedentary for too long as we only have 45 minutes for physical activity.</b></p> <p><b>Songs</b>          Candle light, Veervaar, Yaar bolda</p> <p><b>Action</b></p> <ul style="list-style-type: none"> <li>• detail technique of the steps</li> <li>• body shape &amp; movement</li> <li>• constantly shifting balance</li> </ul>

	<p><b>Dynamics</b></p> <ul style="list-style-type: none"> <li>• how much energy to put in</li> <li>• Understand pace, speed and direction</li> <li>• Listen to different types of music and move to it</li> <li>• Think of time, space and action</li> </ul> <p><b>Cool down (5 minutes):</b> Partnered or single stretching: a list of the stretches that the facilitators will guide the participants through</p> <p><b>During the Cool down session, facilitators to please ask participants for feedback and what should be changed if any (so that we can amend if required for week 7)</b></p>																		
<p><b>Week 3 (and Week 8)</b></p>	<p><b>Facilitators to please take the attendance before each session</b></p> <p><b>Warm up (5-10 minutes):</b> E.g., yoga, Pilates, stretching e.g., sun salutations</p> <p><b>Non-dance component (10-15 minutes):</b></p> <table border="1" data-bbox="517 880 1433 1115"> <thead> <tr> <th>Exercise</th> <th>Time</th> <th>Comments</th> </tr> </thead> <tbody> <tr> <td>Star jumps</td> <td>45sec/station.</td> <td></td> </tr> <tr> <td>Sit-to-stand</td> <td>15sec to move to next station.</td> <td>Can change to B/O with water bottles</td> </tr> <tr> <td>Lunges</td> <td>Run through circuit 3</td> <td>Use water bottles</td> </tr> <tr> <td>Squats</td> <td>times with 1.30 min break</td> <td>Use water bottles</td> </tr> <tr> <td>Wall squat hold</td> <td>between each round.</td> <td></td> </tr> </tbody> </table> <p><b>Dance (15-20 minutes):</b> Recap of last week, then get students to put in more power and increase pace with repetitive steps. Bollywood fast pace music to ensure that students are trying to stretch their fitness abilities and challenge their comfort zone.</p> <p><b>Song:</b> Morni ban ke, Bhangra tan sajda, Makhna</p> <p><b>Action</b> Fast paced repetitive steps energy and fitness challenge</p> <p><b>Dynamic</b> – Zumba on Bollywood</p> <p><b>Cool down (5 minutes):</b> Partnered or single stretching: a list of the stretches that the facilitators will guide the participants through</p> <p><b>During the Cool down session, facilitators to please ask participants for feedback and what should be changed if any (so that we can amend if required for week 8)</b></p>	Exercise	Time	Comments	Star jumps	45sec/station.		Sit-to-stand	15sec to move to next station.	Can change to B/O with water bottles	Lunges	Run through circuit 3	Use water bottles	Squats	times with 1.30 min break	Use water bottles	Wall squat hold	between each round.	
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<p><b>Week 4 (and Week 9)</b></p>	<p><b>Facilitators to please take the attendance before each session.</b></p> <p><b>Warm up: (5-10 minutes)</b></p> <p><b>Non-dance component (10-15 minute):</b></p>																		

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**Note: non-dance components for weeks 2&7 and 4&9 are the same.**

Dance (15-20 minutes):

Challenge students further with pace and new dance forms and steps.  
 Kuthu/ south-indian dance forms in Zumba style

**Song:** Nak mukka, D’Nakka

**Action**  
 Fast paced repetitive steps  
 fitness challenge  
 rhythm and beats  
 step co-ordination

**Dynamic** – Zumba on Bollywood and a South Indian dance

Cool down (5 minutes):  
 Partnered or single stretching: a list of the stretches that the facilitators will guide the participants through

**During the Cool down session, facilitators to please ask participants for feedback and what should be changed if any (so that we can amend if required for week 9)**

**Week 5 (and Week 10)**

**\*Participants may not want to perform to an audience. Perhaps we could use weeks 5 and 10 to deliver more dance/exercise content,**

**Facilitators to please take the attendance before each session.**

Warm up: (5-10 minutes)

Non-dance component (10-15 minutes):

Exercise	Time	Comments
Air punches	45sec/station.	Use water bottles
Sit-to-stand	15sec to move to next	Requires chair x2
Wall push ups	station.	Can progress to floor
SA OH tricep extension	Run through circuit 3	Use water bottles
Star jumps	times with 1.30 min break	Can regress to steps
Inchworm	between each round.	
Sideways squat shuffle		

Also some core/abdominal exercises

**Note: non-dance components for weeks 1&6 and 5&10 are the same.**

Dance (15-20 minutes):  
 Recap of last 4 weeks

Students will be encouraged to perform in groups and/ or individually on various songs.\*

instead of focusing in performance. Being able to perform is not an expected outcome of the project. We are more trying to develop fitness and psychological/psychosocial wellbeing through dance being one aspect.

**Song:**  
Song of choice

**Action:**  
Demonstrating learning  
Confidence boost up

ELEMENTS OF DANCE		
SPACE	TIME	ENERGY
shape	beat	Heavy/light
direction	tempo	Sharp/smooth
pathways	rhythm	relaxed
focus	patterns	flowing
	duration	

**Dynamic:**  
Co-ordination as a group

Throughout the course of SAMBA, we will be focussing on all the elements of dancing with our students:

Over-all aim is to promote the fitness, psychosocial well-being  
Improve body balance and flexibility for all our students.

Note: the songs might change as per the taste and demand from the students.

**Cool down (5 minutes):**

Partnered or single stretching: a list of the stretches that the facilitators will guide the participants through

**During the Cool down session, facilitators to please ask participants for feedback and what should be changed if any (so that we can amend if required for week 10)**

**BCTs (Behaviour Change Techniques) provided through the education component**

- Information about health consequences
- Information about social and environmental consequences
- Identification of self-as role model
- Goal setting (behaviour)
- Goal setting (outcome)
- Action planning
- Self-monitoring of behaviour
- Social support (practical)