

# **STUDENT'S WORKSHEETS**

FOUNDATION PROGRAMME FOR LITERACY  
NUMERACY AND SKILLS

## **DANCE**



**GRADE 7**

**TITLE OF CARD :**  
**PRE-DANCE WARM-UP & ELEMENTS OF DANCE**



**MOE**  
**MAHATMA GANDHI INSTITUTE**  
**2025**

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**GRADE 7**

# **STUDENT'S WORKSHEET**

**Card 1**

**Title of Card: Pre-Dance Warm-Up & Elements of Dance**



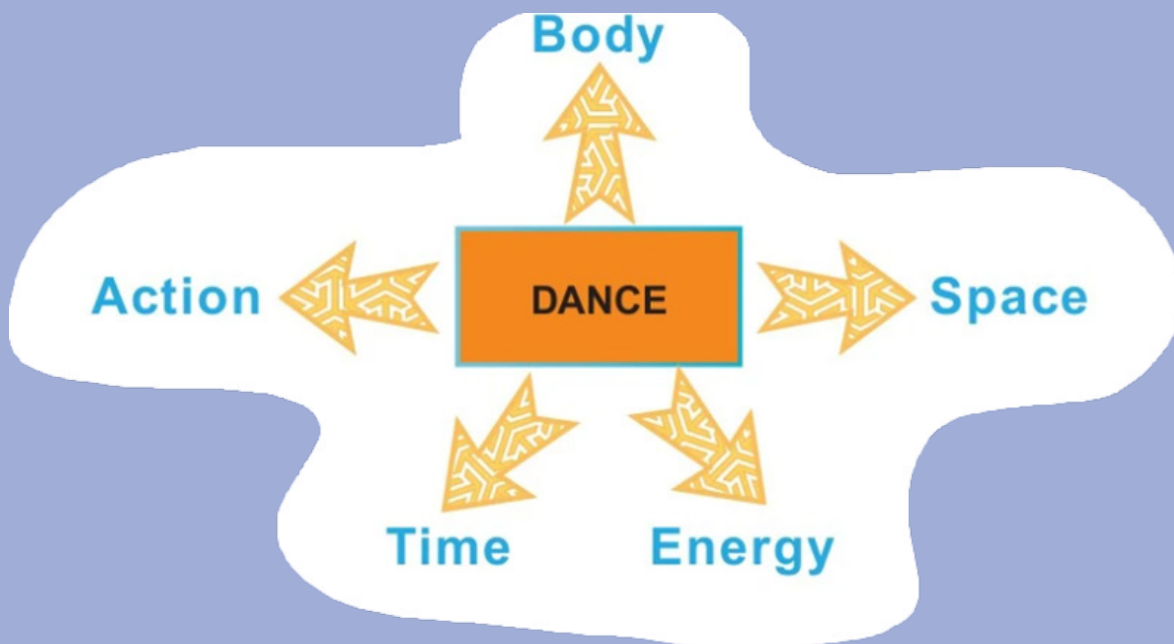


## Introduction

When we come back to school, we warm up our bodies to stay safe and ready for dance. Warm-up helps our muscles wake up and prepares us to move.

We also learn **B.A.S.T.E**, the 5 important elements of dance:

- **B - Body**
- **A - Action**
- **S - Space**
- **T - Time**
- **E - Energy**



## BODY

PARTS WE ARE USING  
(ARMS, LEGS, SHOULDERS)



straight curved angular

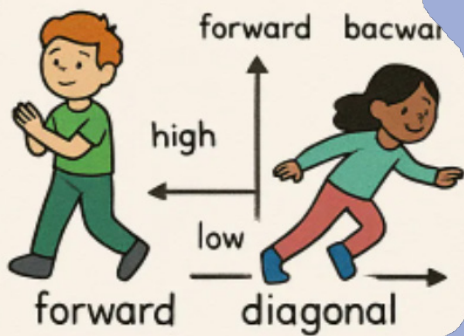
## ACTION

MOVE IN YOUR OWN SAFE BUBBLE:  
EXPLORE LEVELS (HIGH, MEDIUM,  
LOW) AND DIRECTIONS  
BACKWARD, DIAGONAL



stretching stepping clapping

## SPACE



forward backward high low forward diagonal

## TIME

DO IT SLOW.. NOW FASTER!  
LINK TO TEMPO AND BEAT



slow faster

## ENERGY

SHOW SOFT ENERGY.. NOW  
STRONG ENERGY!  
INTRODUCE MOVEMENT QUALITIES  
(SHARP, SMOOTH, LIGHT, HEAVY)



soft strong



## ACTIVITY 1

**Follow the Warm-Up!**

**Theme: Welcome Back to School!**

Follow and execute the warm-up exercises being taught by the teacher

Circle the type of movement:

- **Locomotor** (moves from place to place)
- **Non locomotor** (stays in one spot)





Draw or write one thing you did in the warm-up.

A large, empty rectangular box with a black border, intended for a student to draw or write about their warm-up activity.

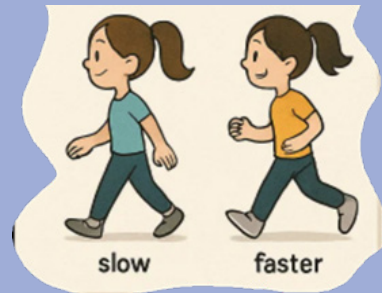


## ACTIVITY 2

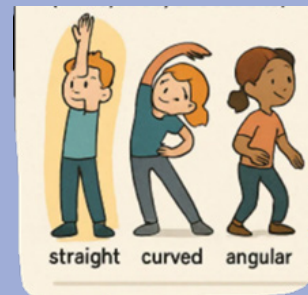
Match the B.A.S.T.E Words the correct images

Draw a line:

**Body**



**Action**



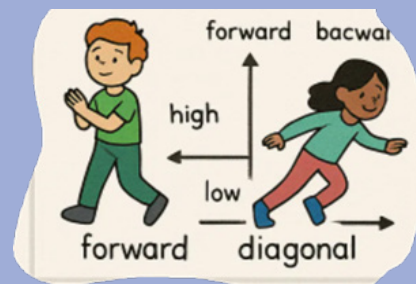
**Space**



**Time**



**Energy**



## Multiple-Choice Questions

### 1. Why do we warm up?

- a) To sleep
- b) To prepare our body for movement
- c) To sit quietly

### 2. Which one is an Action?

- a) Jumping
- b) Library
- c) School bag

### 3. Which one shows Energy?

- a) Strong stomping
- b) A pencil
- c) A book

## Short Answer Questions

1. Name one warm-up movement you remember:
2. Write or demonstrate one example of Space:
3. How do you feel being back at school? Show with a movement



## Student Self-Assessment

### I followed the warm-up movements:

- All correctly
- Most
- Some
- I need help

### I understand B.A.S.T.E:

- All five
- Some
- A little
- Not yet

### I worked well with my group:

- Yes
- Mostly
- Sometimes
- Not yet

### My Overall Performance

- Excellent!
- Good!
- Getting There
- I Need More Practice

The image features a dense, repeating pattern of white line-art floral and leaf motifs on a blue background. The motifs are symmetrical and intricate, resembling stylized flowers and leaves. The background is a solid blue color, and the text is centered in a white, semi-transparent rectangular area at the bottom.

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