

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

Dance

Body conditioning



GRADE 7

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



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2025

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GRADE 7

GUIDE TO EDUCATORS

Card 1

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



Competency:

Body Conditioning-

Students should be able to demonstrate the ability to develop body, spatial awareness and perform simple movement sequences.

Element 1

Perform basic postures and simple sequences with guidance.

Performance Criteria

- **Level 1:** Perform basic warm-up actions with correct posture.
- **Level 2:** Maintain posture and complete extended sequences with confidence.

Purpose of Activity

- To reintroduce students to movement through fun, welcoming warm-up tasks.
- To introduce **core dance vocabulary** (posture, alignment, locomotor / nonlocomotor movement, body shape, tempo, energy).
- To help students understand the elements of dance- B.A.S.T.E (Body, Action, Space, Time, Energy) in simple and practical ways.
- To prepare the body safely for further dance learning by improving joint mobility, core stability and posture.
- To build class unity after returning to school.

Learning Outcomes

By the end of this lesson, students should be able to:

- Execute simple warm-up movements safely.
- Identify the 5 elements of dance (B.A.S.T.E).
- Perform short guided sequences using body, space, time, and energy variations.
- Collaborate in a group through welcoming back-to-school tasks.

Resources and Materials

- Open space for movement
- Soft instrumental music / upbeat school-themed track
- Flashcards with B.A.S.T.E terms
- Chart paper for group activity

Teaching Trajectories / Implementation Guidelines

Introduction

Invite students to stand in a circle.

Teacher says: "Welcome back to school! Today we warm up our bodies and minds so we can start the year strong."

Ask students simple questions:

- "How does your body feel today?"
- "Can you show me a movement that matches how you feel about being back?" (happy jump, shy wave, relaxed stretch)





Activity 1:

Warm-Up – Back-to-School Body Wake-Up

Step-by-step warm-up:

1. **Breathing in and out** – "Smell the new schoolbooks...blow out your worries."
2. **Shoulder rolls** – "Roll away the holiday sleepiness."
3. **Neck circles** – Slow and gentle.
4. **Reach up & stretch** – "Reach for new goals this year!"
5. **Marching on the spot** – "March confidently into a new school year!"
6. **Jump** – Standing jump and sitting jump



Link to B.A.S.T.E (introduce the terms):

- **Body** – Parts we are using (arms, legs, shoulders). Introduce **body shapes**: straight, curved, angular.
- **Action** – Stretching, stepping, clapping. Introduce **locomotor** (walk, slide, hop) and **nonlocomotor** (bend, twist, turn) movements.
- **Space** – Move in your own safe bubble; explore **levels** (high, medium, low) and **directions** (forward, backward, diagonal).
- **Time** – Do it slow... now faster! Link to **tempo** and **beat**.
- **Energy** – Show soft energy... now strong energy! Introduce **movement qualities** (sharp, smooth, light, heavy).

<p>BODY</p>  <p>straight curved</p>	 <p>stepping clapping</p>
<p>ACTION</p>  <p>stretching stepping</p>	<p>SPACE</p>  <p>forward backward</p> <p>high</p> <p>low</p> <p>forward diagonal</p>
<p>TIME</p>  <p>Do it slow... now faster!</p> <p>sharp light</p> <p>smooth heavy</p>	<p>ENERGY</p>  <p>Show soft energy... now strong energy!</p> <p>smooth sharp</p> <p>light heavy</p>



Activity 2:

B.A.S.T.E Movement Corners - 'Explore Your School Spaces!'

Set up **5 corners** of the class, each labelled with **B – A – S – T – E**.

Students rotate in small groups (with added Grade 7 technical terms):

- **Body Corner:** Point to and move different body parts. Create **body shapes:** straight, curved, angular. Point to and move different body parts.
- **Action Corner:** Choose an action card (jump, bend, twist, reach). Identify whether it is **locomotor** or **nonlocomotor**. Choose an action card (jump, bend, twist, reach).
- **Space Corner:** Move in big shapes or small shapes. Explore **levels, directions, and pathways** (straight, curved, zig-zag). Move in big shapes or small shapes.
- **Time Corner:** Move fast like “late to school”... then slow like “end of school day.” Identify **tempo** and **pulse**
- **Energy Corner:** Soft like tiptoeing in library, strong like ringing the school bell.
Explore **movement qualities** (sharp, smooth, light, strong). Soft like tiptoeing in library, strong like ringing the school bell.



Small Group Mini-Challenge

Each group creates a short 4-count sequence using their chosen B.A.S.T.E element.

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 (FORWARD,
BACKWARD, DIAGONAL)

stretching stepping clappen

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



Assessment Criteria

- Follow warm-up movements safely with good **posture** and **alignment**.
- Identify at least 3 B.A.S.T.E elements.
- Use appropriate vocabulary
- Perform simple sequences with guidance.
- Cooperate positively in group tasks.



Assessment Rubric

Criteria	Basic	Intermediate	Proficient
Warm-Up Movements	Need frequent guidance	Perform most movements correctly	Perform all safely and confidently
Understanding B.A.S.T. E	Identify 1-2 elements	Identify 3-4 elements	Explain all 5 with examples
Movement Sequence	Need help to follow	Follow sequence with minor errors	Perform smoothly with rhythm
Group Work	Difficulty cooperating	Work well with reminders	Excellent teamwork and respect



Extension Activity

"Design Your Own Welcome-Back Move"

Students create a movement that represents how they feel starting the school year, applying at least **two B.A.S.T.E elements**.

Examples:

- A slow stretch (Time + Body)
- A strong step forward (Energy + Action)
- A big circular arm wave (Space + Body)

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