

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :

Cultural Appreciation & Digital Integration



**MOE
MAHATMA GANDHI INSTITUTE
2025**

TABLE OF CONTENT

Student's Worksheet	01
Introduction	02
Dance Form in Mauritius	03
Introduction to key Dance Forms	04
Indian Classical Dances Practised in Mauritius	06
Activity 1.1	06
Activity 1.2	07
Activity 2	08
Activity 3	08
Self Assessment.....	09

GRADE 7

STUDENT'S WORKSHEET

Card 2

TITLE OF CARD :

DANCE IN MAURITIUS



Introduction

Cultural Heritage of Mauritius

Mauritius is a multicultural island where people from India, Africa, Europe, and China have contributed to our cultural identity. Dance is one of the strongest expressions of this heritage. Our local dance traditions reflect unity, respect, and togetherness, and they remind us to remain proud Mauritians.

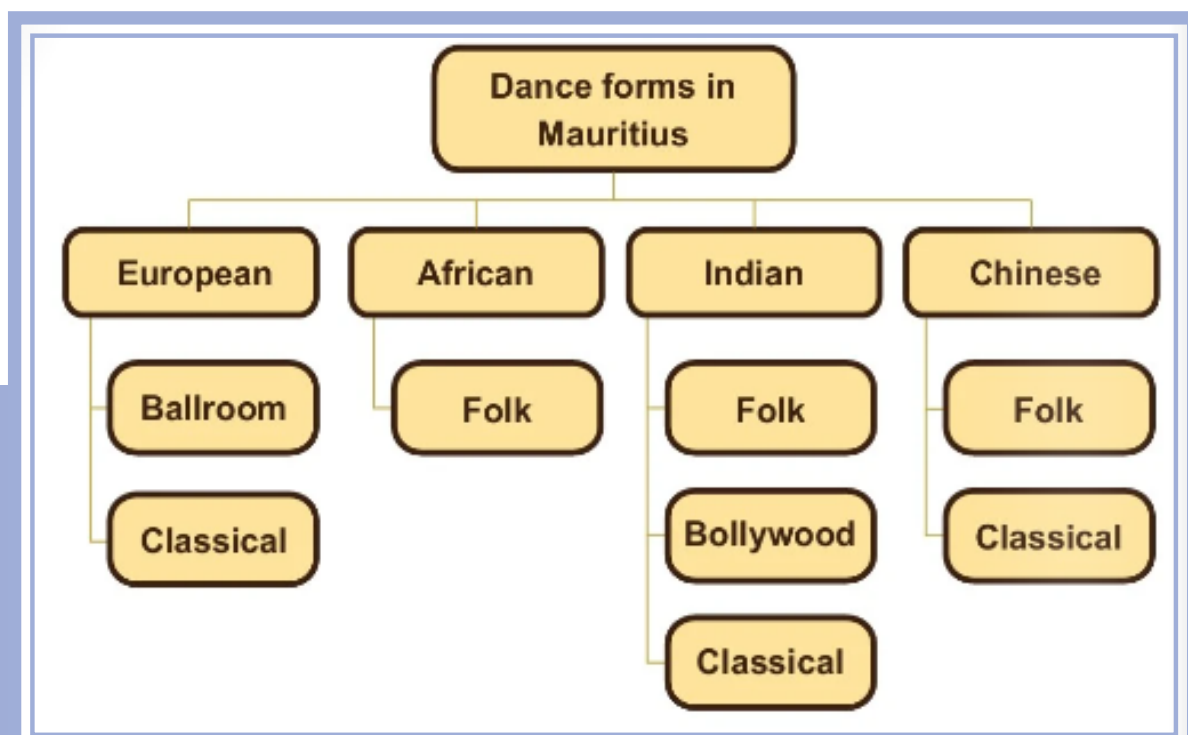




Dance Forms in Mauritius

Mauritian dances can be grouped into four major cultural streams:

- **European** – Ballroom, Classical
- **African** – Folk dances, African-influenced Segga
- **Indian** – Folk, Classical, Bollywood
- **Chinese** – Folk dances





Brief Introductions to Key Dance Forms

- 1. Sega** – A traditional dance, recognised as part of Mauritian identity. Uses hip movements, rhythmic footwork, and instruments like ravanne, maravanne, and triangle.
- 2. Kolattam** – An Indian folk dance performed with decorated sticks, symbolising joy and community spirit.
- 3. Bhojpuri Folk Dance** – Originating from Indian indentured labourers; lively, expressive movements showing celebration and resilience.
- 4. Jhakri Dance** – A folk dance performed in Bhojpuri communities, energetic and rhythmic.
- 5. Bollywood Dance** – Modern, colourful, expressive dance inspired by Hindi films.
- 6. Ramabhajanam** – A devotional ritual dance of Andhra Pradesh, practiced in Mauritius within cultural and temple settings.
- 7. Dragon Dance** – A traditional Chinese dance using a long dragon figure; performed during festivals and symbolises good luck and energy.
- 8. Lion Dance** – Another Chinese dance symbolising strength and prosperity; commonly performed during New Year celebrations.

Common dance forms of Malagasy and African origin:



Sega Dance



Sega Tambour of Rodrigues

Common folk and ritualistic dance forms from India



Kollattam from Tamil Nadu



Ramabhajanam from Andhra Pradesh



Bollywood Dance



Bhojpuri dance from Bihar (Geetgawai)



Jhakri from Maharashtra

Common Dance forms from China



Dragon Dance



Lion Dance

Main Indian Classical Dances Practised in Mauritius

- Bharatanatyam
- Kathak
- Kuchipudi

These forms are taught in Mauritius and performed during cultural events.resents your culture?"

Explain the theme of patriotism through cultural appreciation.

Common classical dance forms from India



Bharata Natyam
(From Tamil Nadu)



Kathak
(From Uttar Pradesh
and Rajasthan)



Kuchipudi
(From Andhra Pradesh)



Activity 1.1

Choose the correct Dance Forms.

1. https://www.youtube.com/watch?v=szkgIb3FLDc&list=RDszkgIb3FLDc&start_radio=1
Clip 1: Sega Bhojpuri Reggae
2. https://www.youtube.com/watch?v=NQ4QsOedBHc&list=RDNQ4QsOedBHc&start_radio=1
Clip 2: Indian Classical Sega Fusion
3. <https://www.youtube.com/watch?v=v5B4e79bmCs>
Clip 3: Bhojpuri Chinese Reggae



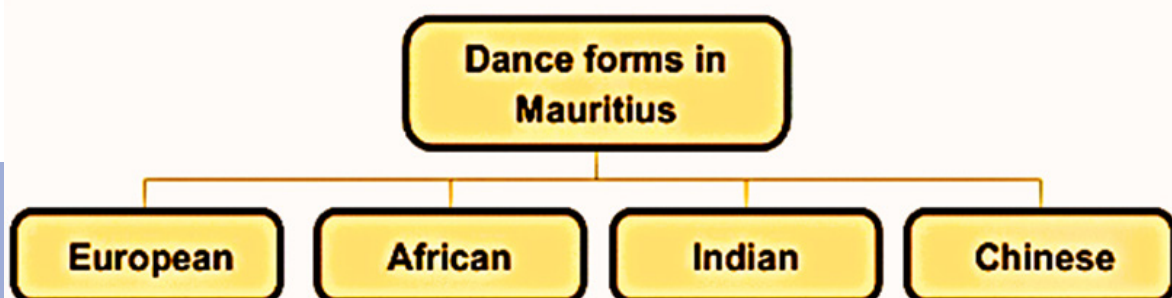
Activity 1.2

Dance Genres

Sort the following into the right category (European / African / Indian / Chinese):

- Sega
- Bhojpuri
- Dragon dance
- Lion dance
- Kolattam
- Bollywood
- Ballroom
- Jhakri

Write your answers under each category.





Activity 2

Learn Short Movement Patterns

Follow the simple friendly movements being demonstrated by your teacher:

- Segga basic side-step
- Kolattam stick tapping
- Bhojpuri hand and hip movements
- Bollywood expressive arm gestures
- Dragon/Lion dance posture and steps



Activity 3

Patriotism Through Movement

(i) In groups, you will create a 6-count dance sequences:

Your sequence must include:

1. One step from any Mauritian dance style
(Segga, Bhojpuri, Indian dance, African folk ...)
2. One gesture showing patriotism
(heart shape, unity hands, ocean waves, rising sun)

ii) Your group will receive cloth pieces in red, blue, yellow, and green.

Ideas:

- Make a circle with the cloths to show togetherness.
- Move the blue cloth like the ocean.
- Use the red cloth to form a heart.
- Arrange the cloths like a mini Mauritian flag.



Student Self-Assessment

I recognised Mauritian dances:

- All correctly
- Most
- Some
- I need help

I performed the steps:

- All correctly
- Most
- Some
- I need help

I showed patriotism through movement:

- All correctly
- Most
- Some
- I need help

My Overall Performance:

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

The image features a dense, repeating pattern of white line-art floral and mandala motifs on a blue background. The motifs are symmetrical and intricate, resembling stylized flowers and geometric patterns. The background is a solid blue color, with a lighter blue horizontal band across the middle where the text is located.

**MOE
MAHATMA GANDHI INSTITUTE
2025**