

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
2026

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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. A 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

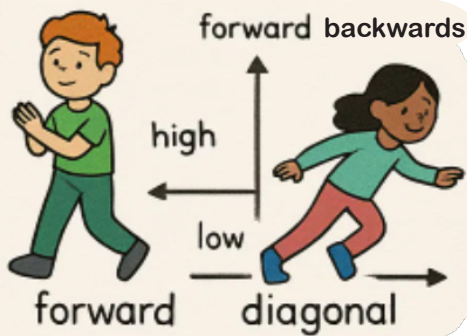
ACTION

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



stretching stepping clapping

SPACE



forward backwards
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.

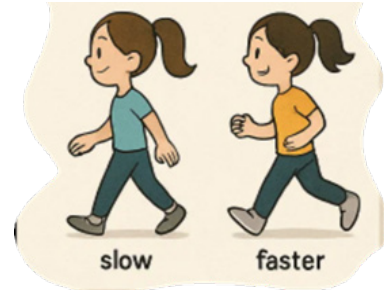


ACTIVITY 2

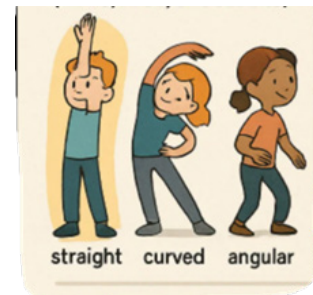
Match the B.A.S.T.E Words the correct images.

Draw a line.

Body



Action



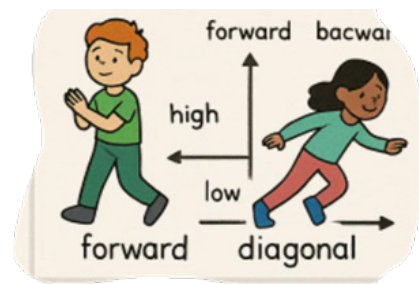
Space



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 stamping
- b) A pencil
- c) A book

Short Answer Questions:

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



Student Self-Assessment

I followed the warm-up exercises:

- 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



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