

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :
BASIC DANCE POSTURE



MOE
MAHATMA GANDHI INSTITUTE
2026

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GRADE 7

STUDENT'S WORKSHEET

Card 2

Title of Card: Basic Dance Postures





Introduction

We use different postures every day: when we stand, sit, bend, walk, and stretch.

In dance, we also learn special postures that help us balance, stay aligned, and move with confidence.

Today, you will explore **basic Indian classical dance postures and everyday postures inspired by weather movements**



Section A: Everyday Body Postures

Introduce using simple visuals.

Postures:

- Standing upright
- Sitting on a chair
- Bending forward
- Squatting / crouching
- Reaching upward
- Careful stepping
- Looking around / observing





**Section B:
Dance Postures**

1. Samapada (Standing position)



2. Vaishnava Sthanaka (Araimandi / Half Sitting)



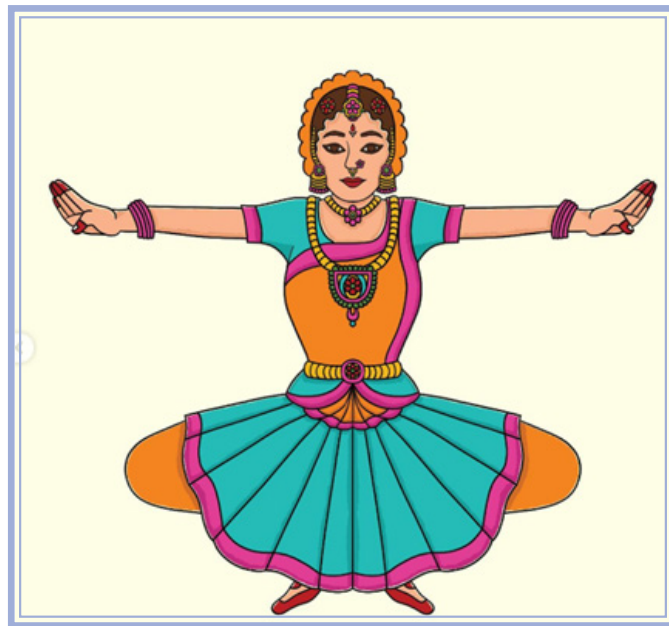
3. Natyarambhe (Dance-Ready Posture)



4. Sausthava (Graceful Standing)



5. Muzhumandi (Full Sitting)





Identify Dance Posture

Look at the 5 dance posture flashcards shown by your teacher.
Write the correct name below each image.

- Samapada
- Vaishnava Sthanaka
- Natyarambhe
- Sausthava
- Muzhumandi








Activity 1:

Freeze Like the Weather!

When the teacher calls a weather type, freeze in the right posture.

Tick (✓) the postures you could do correctly:

Weather Call	Posture	Did I do it?	
 Sunshine	Reaching Up	<input type="checkbox"/>	Yes <input type="checkbox"/> Not yet
 Rain	Bending Down	<input type="checkbox"/>	Yes <input type="checkbox"/> Not yet
 Wind	Stretching Wide	<input type="checkbox"/>	Yes <input type="checkbox"/> Not yet
 Cold	Curling posture	<input type="checkbox"/>	Yes <input type="checkbox"/> Not yet
 Cloudy	Tip-toe Walking pause	<input type="checkbox"/>	Yes <input type="checkbox"/> Not yet



Activity 2:

Move Like the Weather - Locomotor + Posture Sequence

☀ Sun ☁ Rain 🌀 Wind ❄ Cold ☁ Cloudy

Sequence:

1. Sunny Walk - Standing Tall walking
2. Raindrop Pick-Up - Walk → Bending Down
3. Windy Sway - Stretching Wide, gentle side sway
4. Cold Day Curl - Curling posture, slow steps
5. Cloud Tip-Toe - Soft, quiet tip-toe walking








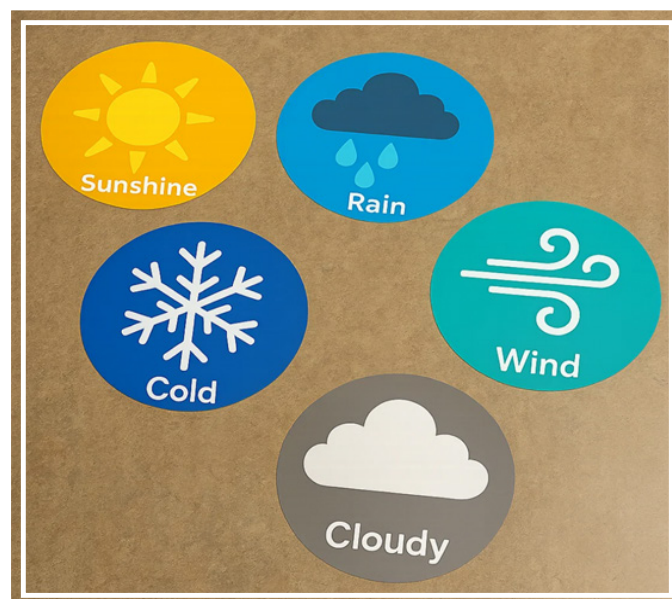


Activity 3:

Weather Pathway Stations

Rotate between each station and perform the matching posture.

Station	Symbol	Posture	Teacher Cue
1	 Sun	Reaching Up	"Feel the warm sunlight."
2	 Rain	Bending Down	"Pick up your raincoat."
3	 Wind	Stretching Wide	"Let the wind push you softly."
4	 Cold	Curling posture	"Keep yourself warm."
5	 Cloud	Tip-toe Walk	"Float gently like a cloud."





Extension Activity

"My Weather Movement" Mini-Creation

Create your own 3-step mini sequence using weather postures.

Example:

☀️ Sun → Stand Tall → Reach Up → Stretch Wide

My Sequence:

1. _____
2. _____
3. _____

4. **Example:**

☀️ Sun → Stand Tall → Reach Up → Stretch Wide



Student Self-Assessment

I can show the 5 dance postures:

- All correctly
- Most
- Some
- I need help

I can match posture to weather:

- All correctly
- Most
- Some
- I need help

I can transition smoothly between postures:

- All correctly
- Most
- Some
- I need help

My performance today:

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



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