

# **STUDENT'S WORKSHEETS**

FOUNDATION PROGRAMME FOR  
LITERACY, NUMERACY AND SKILLS

## **DANCE**



## **GRADE 7**

**TITLE OF CARD :**  
**DANCE IN MAURITIUS**



**MOE**  
**MAHATMA GANDHI INSTITUTE**  
**2026**

# TABLE OF CONTENTS

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

**GRADE 7**

# **STUDENT'S WORKSHEET**

**Card 3**

**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.



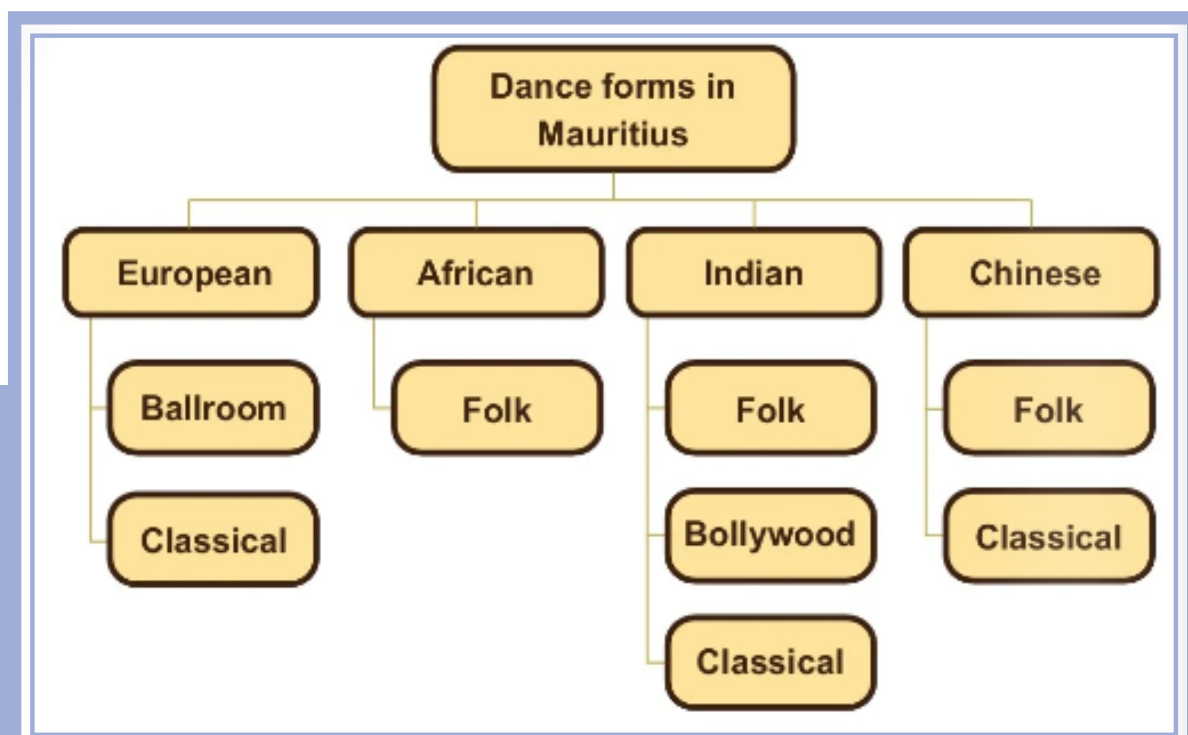




## Dance Forms in Mauritius

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, Classical





## Brief Introductions to Key Dance Forms

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

### Common dance forms of Malagasy and African origin:



Segga Dance



Segga 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 dance forms are taught in Mauritius and performed during cultural events.

- 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](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](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





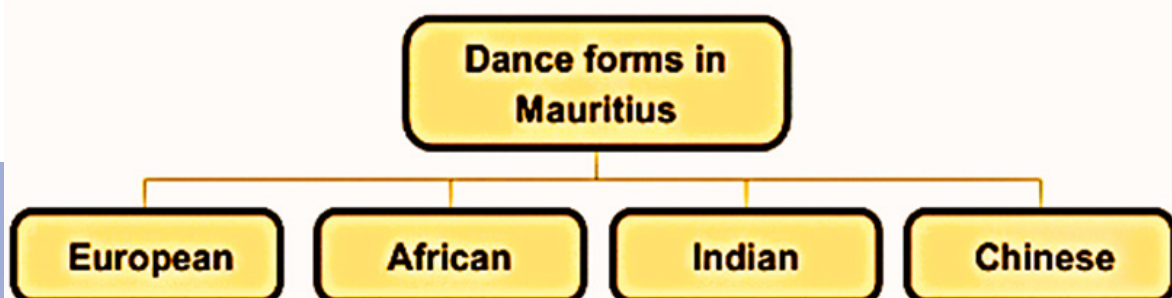
## Activity 1.2

### 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





**MOE  
MAHATMA GANDHI INSTITUTE  
2026**