

# **STUDENT'S WORKSHEETS**

FOUNDATION PROGRAMME FOR  
LITERACY, NUMERACY AND SKILLS

## **DANCE**



**GRADE 7**

**TITLE OF CARD :  
CONCEPT OF DANCE**



**MOE  
MAHATMA GANDHI INSTITUTE  
2026**

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**GRADE 7**

**STUDENT'S WORKSHEET**

**Card 7**

**CONCEPT OF DANCE**



## Introduction

Dance is the movement of the body with rhythm. These movements can be natural, free, or arranged. Dance is a way to express feelings, ideas, and experiences using the body. From ancient times, people danced. Primitive people lived close to nature. They:

- Imitated animals
- Copied sounds and movements
- Used body movements to communicate before language



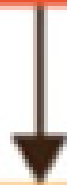
*Primitive man dancing*

As civilisation developed, dance also changed. Dance became connected to culture, traditions, and entertainment.

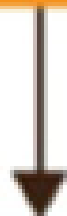


## Evolution of Dance

**SPONTANEOUS RHYTHMIC  
BODY MOVEMENTS**



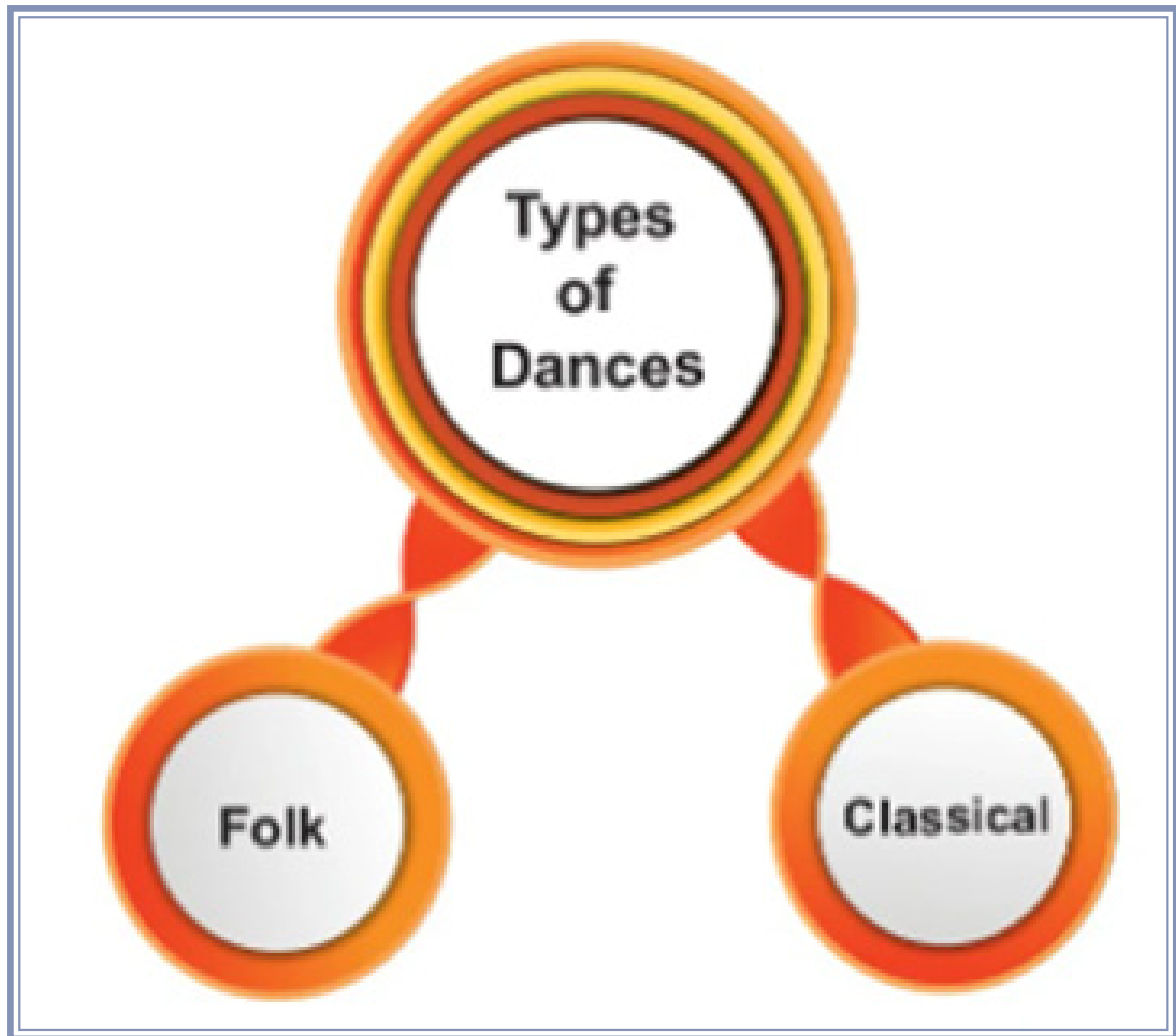
**TRIBAL & FOLK DANCES**



**CLASSICAL DANCES**



## Folk Dance and Classical Dance



### Folk Dance

- Dance of the people
- Easy and fun
- Performed during festivals and celebrations
- For enjoyment and entertainment



*Sega dance from Mauritius*



*Maori dance from New Zealand*

### **SOME FOLK DANCES AROUND THE WORLD**



*Square Dance from America*



*Hat dance from Mexico*



*Bihu dance from India*



*African folk dance*



*Bhangra from India*



*Chinese Lion Dance*



## Classical Dance

- Has rules and techniques
- Needs training and practice
- Uses hand gestures, steps, expressions
- Needs music and rhythm knowledge



**Western Classical Dance**

### Basic Differences between Folk and Classical Dance

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Learnt in informal ways.</li><li>• Simple feet movements.</li><li>• Simple rhythm.</li><li>• Folk music for accompaniment.</li><li>• Movements reflect daily activities.</li><li>• Uses simple hand gestures.</li><li>• Easily understood by all people in general.</li><li>• Uses local languages.</li><li>• Wears traditional colourful clothes of the country/ culture.</li><li>• Usually performed in group.</li><li>• Wears native make-up and jewelleryes.</li></ul> | <ul style="list-style-type: none"><li>• Requires formal training and years of practice to learn.</li><li>• Complex feet movements.</li><li>• Intricate rhythm.</li><li>• Classical music for accompaniment</li><li>• Movements are very stylised.</li><li>• Uses codified and specific hand gestures.</li><li>• Can be understood only by the initiated ones.</li><li>• Uses traditional languages.</li><li>• Wears specific style of costume.</li><li>• Can be performed in group and solo.</li><li>• Wears sophisticated make-up and jewelleryes.</li></ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Benefits of dance

| Physical Benefits                                                                                                                                                                                                                                                                                            | Mental Benefits                                                                                                                                                                                                                                    | Emotional Benefits                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Promotes health and prevents many diseases.</li><li>• Improves flexibility.</li><li>• Improves stamina.</li><li>• Reduces fat.</li><li>• Increases muscle mass.</li><li>• Maintains bone density.</li><li>• Promotes body awareness and personal grooming.</li></ul> | <ul style="list-style-type: none"><li>• Improves ability to memorise.</li><li>• Improves concentration.</li><li>• Improves eye and hand co-ordination.</li><li>• Increases will power and perseverance.</li><li>• Inculcates discipline.</li></ul> | <ul style="list-style-type: none"><li>• Fosters greater understanding of human emotions and feelings.</li><li>• Promotes moral values.</li><li>• Enhances self-esteem and self-worth.</li><li>• Develops the aesthetic sense.</li></ul> |



## Importance of Dance

### Dance is done for:

- Entertainment
- Expression
- Festivals
- Health
- Worship



## ACTIVITY 1

### Dance Like Nature 🎵👣

Listen to the music played by your teacher.

Move your body like nature.

#### Do the actions:

- Move like an animal:
  - Bird  Elephant  Snake
- Make sounds using:
  - Clapping  Stamping
- Freeze your body when the music stops



Stick  what you did:

**Action**

I moved like an animal

I followed the rhythm

I stopped when the music stopped



**Think and Answer (Or Discuss):**

**How did people dance before language?**



Using body movements



Using sounds



Using expressions



**Activity 2:**

Look at the pictures or videos shown by your teacher.

Tick  the correct box:

**Dance Type**

**Folk Classical**

Easy and fun

Needs training

Performed at festivals

Uses hand gestures and expressions



**Circle the correct answer:**

1. Folk dance is danced for:

Fun / Exams

2. Classical dance needs:

Practice / Guessing

### Activity 3:

Why Do We Dance? 

People dance for many reasons.

Tick  the reasons:

- Entertainment
- Expression
- Festivals
- Health
- Worship

#### Move with Music:

When music plays, show **one movement** for one reason.  
Circle your choice:

- Strong movement → **Entertainment**
- Slow, soft movement → **Expression**

#### Tell:

Why did you dance this movement?



## Student Self-Assessment

I can...

Yes 😊

A little 😊

Not yet



Move with music

Express feelings with my body

Tell why people dance

I understand the concept of dance:



Yes



A little



Not yet

I enjoyed dancing with music:



Yes



A little



Not sure

My Overall Performance



Excellent



Good



Getting there



I need more practice



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