

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :
RHYTHM



MOE
MAHATMA GANDHI INSTITUTE
2026

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GRADE 7

STUDENT'S WORKSHEET

Card 8

**Title of Card:
RHYTHM**



Introduction

WHAT IS RHYTHM?

Rhythm is a pattern of sounds with a regular and repetition. The intervals between the sound are equal.



Natural Rhythm in Man

Rhythm is part of life. It is inborn in human beings.

- The heart beats in a regular rhythmic pattern
- Breathing is also rhythmic
- Inhale through the nose
- Exhale through the mouth
- Walking and running follow a natural rhythm
- Daily actions like pounding grains or hammering a nail are done rhythmically

The Rhythm of Life



The Heart Beats

Walking & Running
in Rhythm



Inhale through
the Nose



Exhale through
the Mouth



Pounding Grains



Hammering a Nail

Daily Actions in Rhythm



Rhythm in Nature

Rhythm exists all around us:

- Waves hitting the shore
- Chirping of birds
- Day and night caused by Earth's rotation
- Seasons repeating every year due to Earth's orbit around the sun

Without rhythm, nature would be in disorder.





Rhythm in Music and Dance

- Human reproduce rhythm in music and dance.
- Rhythm is recognised by beats in music.
- Beats repeat in a cycle or line.

Importance of Rhythm in Music and Dance

- Rhythm gives structure and speed.
- Slow rhythm → calm or sad mood
- Fast rhythm → happy or energetic mood
- Rhythm controls the number of syllables in songs.
- Dance cannot exist without rhythm.

Tala in Indian Music and Dance

- Rhythm in Indian music is called Tala/Taal.
- Indian music has two systems:
 - o Hindustani (North)
 - o Carnatic (South)
- Tala measures time in a cyclic pattern.
- Example: An 8-beat Tala repeats continuously.
- Stress is given on the first beat.



Activity 1

MY BODY HAS RHYTHM

Let's feel the rhythm in our body!

What to do:

1. Sit or stand comfortably.
2. Place your hand on your chest.
3. Feel your heartbeat.
4. Clap slowly to match your heartbeat.
5. Breathe with rhythm:
 - o Inhale through your nose (count 1-2-3-4)
 - o Exhale through your mouth (count 1-2-3-4)
6. Walk slowly.
7. Walk faster, keeping the rhythm.





Tick (✓) what you could do:

I could...

Feel my heartbeat

Clap in rhythm

Breathe in and out with counting

Walk in rhythm



Circle the correct answer:

My heartbeat rhythm was:

Slow / Fast

How did you feel?

Calm

Happy

Tired

Excited






Activity 2

RHYTHM AROUND US - ENVIRONMENT

Rhythm is all around us in nature!

Listen carefully to the sounds played by your teacher.

Match the sound with the movement:

Sound		Movement		
Waves 	<input type="checkbox"/>	Swaying arms	<input type="checkbox"/>	Jumping
Rain 	<input type="checkbox"/>	Finger tapping	<input type="checkbox"/>	Stamping
Birds 	<input type="checkbox"/>	Light jumps	<input type="checkbox"/>	Heavy steps

Circle the correct answer:

The sound of waves is:

Slow / Fast

The sound of rain is:

Slow / Fast

Tell one rhythm you find in nature:



Activity 3

CLAP - STEP - DANCE 🎵

Let's move with rhythm!

What to do:

1. Clap the rhythm shown by your teacher.
2. Repeat the rhythm.
3. Add foot steps.
4. Add simple hand or body movements.
5. Dance with the music.

Tick (✓) what you could do:

I could... ✓

Clap on the beat

Step with rhythm

Move hands and body

Dance with music

How was this activity?

Easy

A little difficult

Fun

One thing I did well:

One thing I want to improve:



Student Self-Assessment

I can clap in rhythm:

- Yes
- Sometimes
- Not yet

I can move with music:

- Yes
- Sometimes
- Not yet

I enjoyed learning rhythm:

- Yes
- A little
- Not much



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