

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :

Imagine, Create and Improvise



**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 7

STUDENT'S WORKSHEET

Card 9

TITLE OF CARD :

IMAGINE, CREATE AND IMPROVISE



Introduction

Dance helps us imagine, create and express ideas without speaking.

In this chapter, you will:

- Learn how to move safely in space
- Walk in different patterns
- Dance to slow, medium and fast rhythms
- Use hand gestures to show ideas and objects



Activity 1

WALKING IN SPACE – MOVE & FREEZE

Move safely in personal and general space.

What to do:

1. Stand on your spot marker.
2. When the teacher starts counting 1–8, walk around the space.
3. When you hear 8, freeze or return to your spot.
4. Repeat the activity using different walking styles:
 - o Slow walk
 - o Fast walk
 - o Tiptoe walk
 - o Firm walk



Remember:

- ✓ Keep a safe distance from others.
- ✓ Do not bump into anyone.
- ✓ Respect your own space and the space of others.

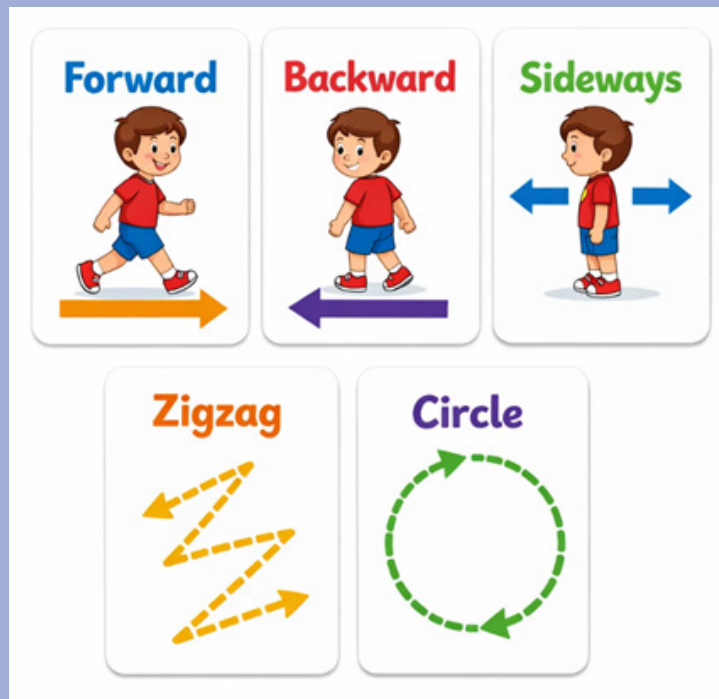


Activity 2

FLOOR PATTERNS & RHYTHM

Floor patterns:

- Forward
- Backward
- Sideways
- Zigzag
- Circle



What to do:

1. Watch the floor pattern shown by the teacher.
2. Practise the same pattern:
 - o On your own
 - o In a small group
3. Repeat the pattern to different rhythms:
 - o Vilambit – slow clapping
 - o Madhyama/ Madhya – steady/medium clapping
 - o Drutama/ Drut – fast clapping

Remember:

Basic dance steps look more beautiful when they match the correct rhythm.



Activity 3

EXPRESSING IDEAS USING ASAMYUTA HASTAS

Use hand gestures to express ideas without speaking.

Hand gestures and their uses:

- Pataka – cutting
- Tripataka – tree
- Mayura – peacock
- Ardhachandra – plate
- Alapadma – full bloomed lotus
- Simhamukha – deer face
- Brahmara – bee

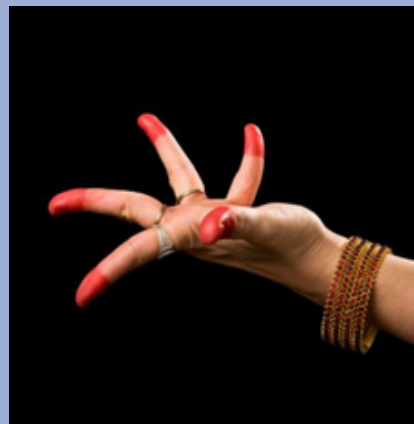
Example



A deer's head



Simhamukha



Alapadma



Full bloomed lotus

What to do:

1. Watch and copy each hand gesture shown by the teacher.
2. Practise the gestures in front of a mirror or with your friends.
3. Use the gestures to show:
 - o A flower and a bee
 - o A forest scene (trees, deer, flowers)
 - o A flower blossoming

Remember:

- Be creative
- There can be more than one correct way to show an idea
- Encourage and support your friends.

Reflection

What did you enjoy most in today's lesson?

Show one movement that made you feel confident.



Self Assessment

I can move safely in space:

- Yes
- Sometimes
- Not yet

I can dance to rhythm:

- Yes
- Sometimes
- Not yet

I can use hand gestures:

- Yes
- Sometimes
- Not yet



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