

# **STUDENT'S WORKSHEETS**

FOUNDATIONAL PROGRAMME FOR LITERACY,  
NUMERACY AND SKILLS

**DANCE**

A decorative floral pattern in white line art, centered on a background of soft, blended colors in shades of orange, yellow, and pink. The pattern features a central flower with multiple layers of petals and intricate scrollwork.

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**GRADE 8**

**TITLE OF CARD: BASIC DANCE MOVEMENTS**

**STUDENT'S CARD 2**

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A decorative floral pattern in white line art, centered on a background of soft, blended colors in shades of orange, yellow, and pink. The pattern features a central flower with multiple layers of petals and intricate scrollwork.

**MOE  
MAHATMA GANDHI INSTITUTE  
2026**

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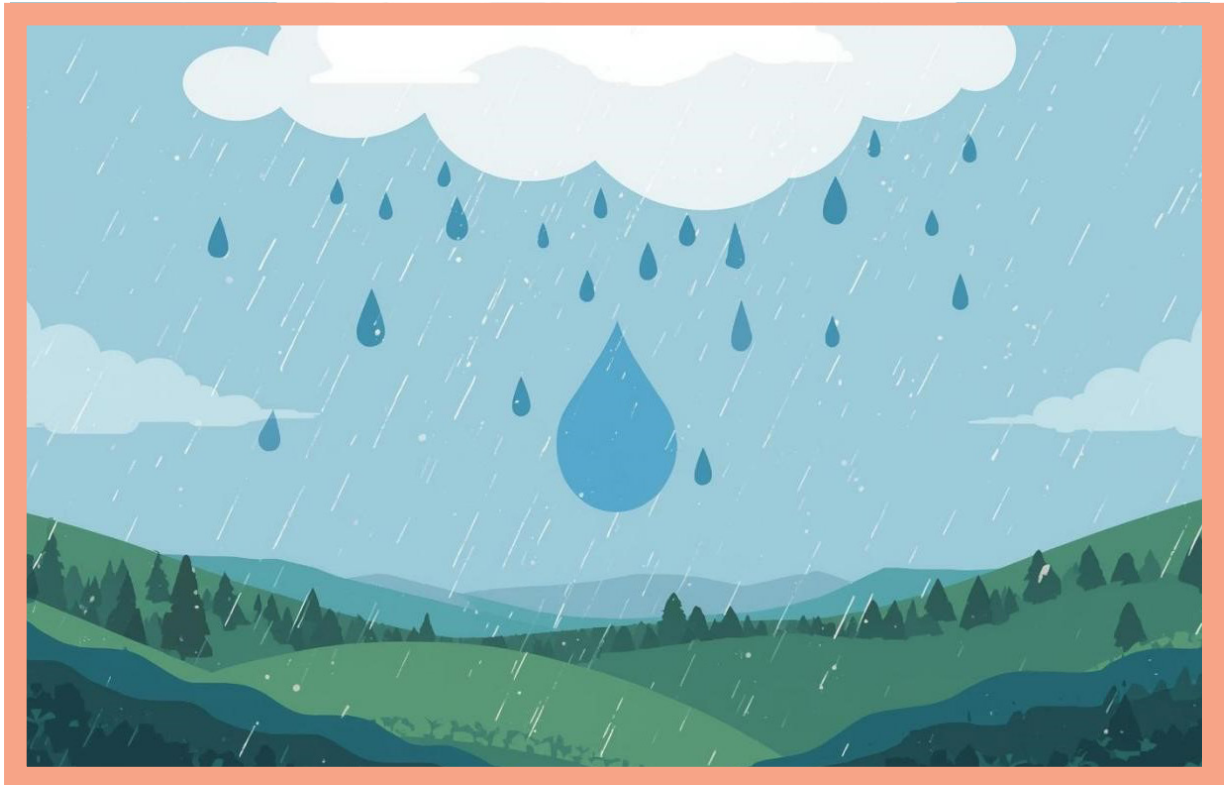
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**GRADE 8**

**STUDENT'S WORKSHEET**

**CARD 2**

**TITLE OF CARD:  
BASIC DANCE MOVEMENT**

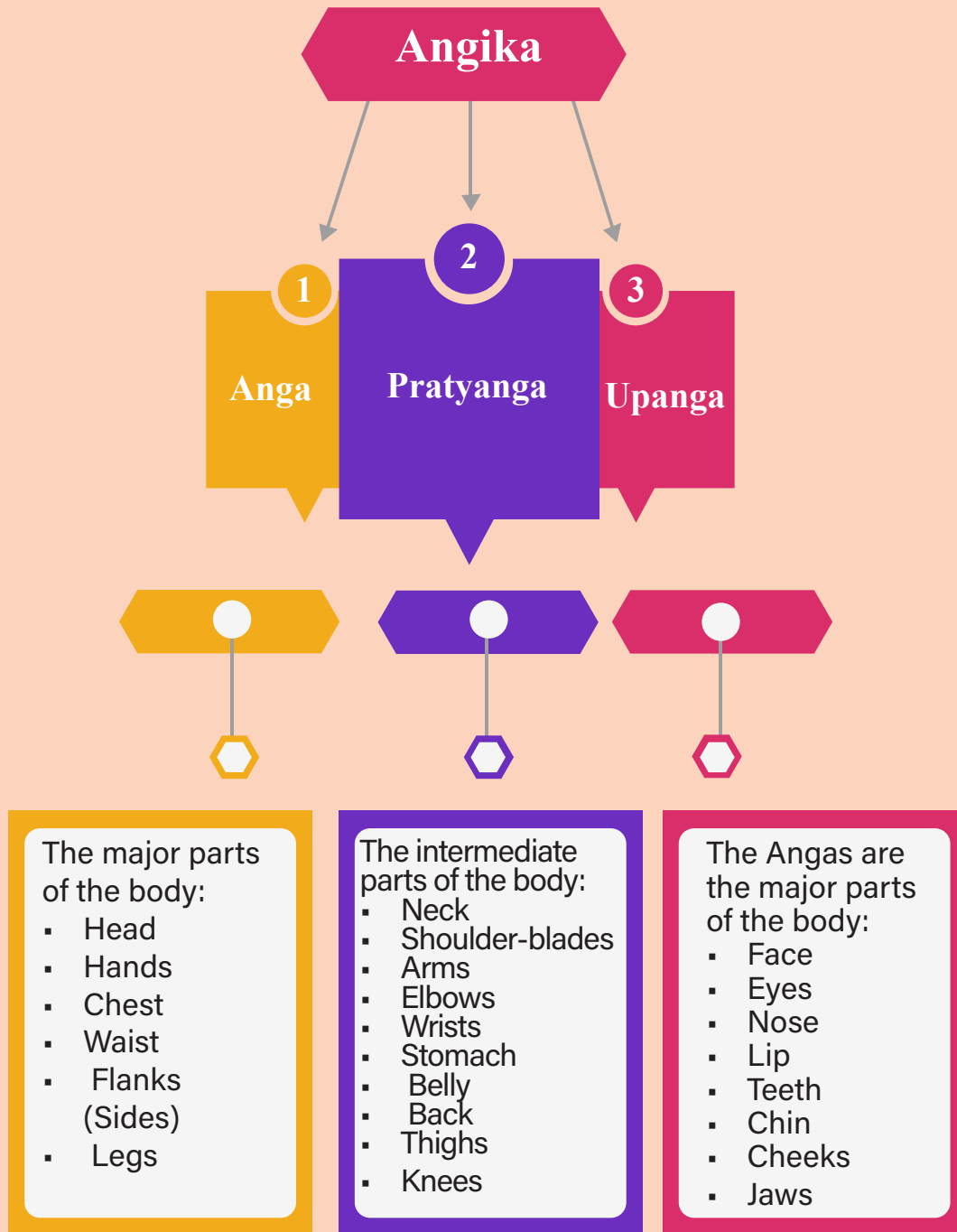




## ACTIVITY 1

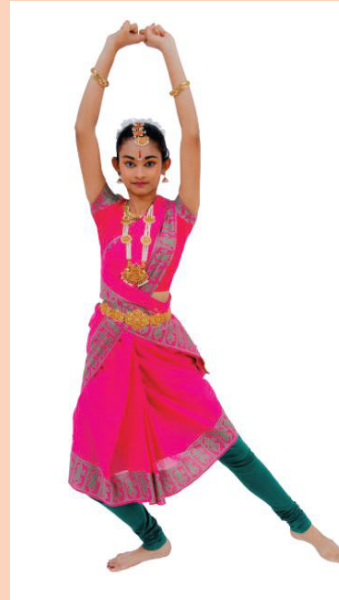
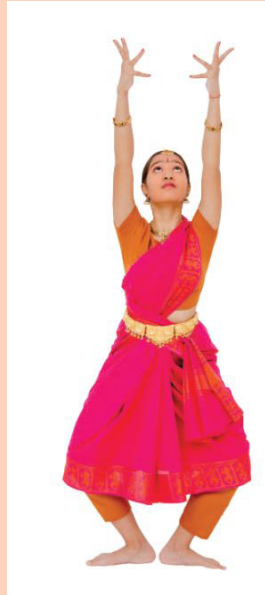
### Introduction to Basic Dance Movements

Dance is a way of expressing ideas, emotions, and stories through movement of the body. Every dance style has its own set of basic movements that help dancers develop good posture, balance, coordination, rhythm, and expression. These movements act as the foundation for all future learning in dance.



In Indian Classical Dance, the body is used in a highly structured way. The Body Parts, known as **Angika** are classified into **Angas**, **Pratyanga**, and **Upanga**.

Indian Classical Dance Styles such as **Bharata Natyam** and **Kuchipudi** use basic steps called the **Adavus**, which are short rhythmic movements performed with the feet, hands, eyes, and head.



**Kathak** uses **Tatkaar** a pattern of fast and precise footwork, along with spins and hand gestures.

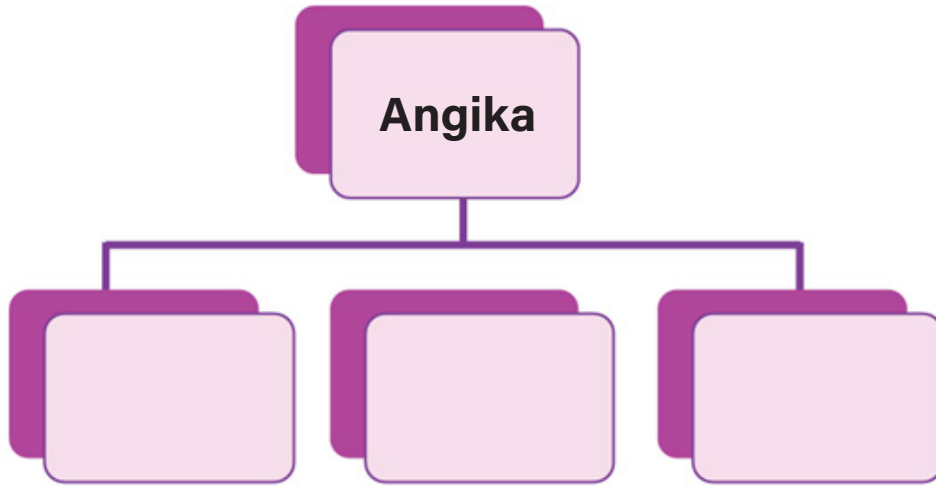


In Western and contemporary dance, dancers learn basic movements like plié (bending the knees), tendu (stretching the foot), relevé (rising on the toes), and body swings. These movements help dancers improve alignment, flexibility, and smooth body flow.

No matter the style, these basic dance movements help every dancer move with confidence, control, and expression.



## ACTIVITY 2



# Extension of Activity



## ACTIVITY 1

 **Student Reflection Card:**  
**Weather and Basic Dance Movements** 

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Weather danced:      

★ How did I dance today?

 I followed the movements

 I tried my best

 I need more practice



🕒 Dancing at Different Speeds

 Slow: Easy / Tricky  Easy  |  Tricky

 Medium: Easy / Tricky  Easy  |  Tricky

 Fast: Easy / Tricky  Easy  |  Tricky

 Showing the Weather:

I showed the weather clearly

I showed it a little

I need help to show it

 Working in a Group

 I worked well with my group

I tried but need help

I found it difficult

 One thing I enjoyed today: \_\_\_\_\_

 One thing I want to improve next time: \_\_\_\_\_



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