

STUDENT'S WORKSHEETS

FOUNDATIONAL PROGRAMME FOR LITERACY,
NUMERACY AND SKILLS

DANCE BODY CONDITIONING



GRADE 8

TITLE OF CARD: LET'S MOVE IT

STUDENT'S CARD 1



**MOE
MAHATMA GANDHI INSTITUTE
2026**

TABLE OF CONTENTS

Student's Worksheet.....	ii
Activity 1.....	1
Activity 2.....	6
Activity 3.....	7
Extension of Activity.....	8

GRADE 8

STUDENT'S WORKSHEET

CARD 1

BODY CONDITIONING

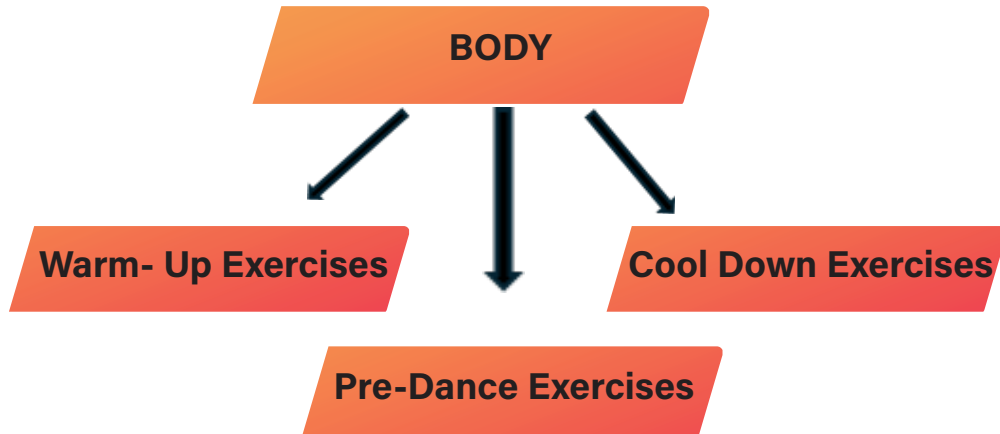
TITLE OF CARD: LET'S MOVE IT





ACTIVITY 1

Body Conditioning for Dance



Warm-up exercises:

Execute the following Warm-up exercises:

- Before we start dancing, we must always do warm-up exercises.
- Warm-up exercises help our body get ready to move.
- They make our body temperature go up slowly, our heart beat a little faster, and our blood flow better.
- Warm-ups also help us stay safe by reducing the chance of getting hurt or feeling pain after dancing.

Arms cross side lunge

1. Keep your feet apart and your arms stretched out to the sides.
2. Step to the right side and bend your right knee while crossing your arms in front.
3. Go back to standing and repeat on the left side.





Forward Leg Swings

1. Stand straight with your feet a little apart and hold the wall for support.
2. Lift one leg and swing it forward and back slowly.
3. Switch legs and do the same movement.

Standing Knee Raises

1. Stand on one leg and lift the other knee up to your chest.
2. Hold it for a few seconds.
3. Put your foot down and repeat with the other leg.



Kick Crunch

1. Stand straight with your feet apart.
2. Kick your left leg up and touch it with your right hand.
3. Go back to standing and repeat on the other side.

Big Arm Circles

1. Stand straight with your feet apart.
2. Stretch your arms out to the sides.
3. Slowly make big circles with your arms forwards.
4. Then make big circles backwards.



Pre-Dance Exercises

Pre-dance exercises are meant to prepare the core muscles of the body that are to be used in dance.

It helps the body to become more flexible.

It helps to gain muscle control and improve posture.

Execute the following Pre- Dance exercises:



Waist Exercise

1. Stand with both your feet together and place your hands above your head, fingers crossed.
2. Bend to the right side and look up at your hands.
3. Return to the middle and bend to the left side.

Side Stretch

1. Stand with your feet apart.
2. Turn to the right and sit on your right toes while stretching your left leg back.
3. Come back up and do the same on the left side.



Sitting Exercises

1. Hold the hands of your friend.
2. Take turns sitting on your toes slowly.
3. Gradually do it a little faster.

Torso Twist on Floor

1. Sit on the floor and bring the soles of your feet together.
2. Twist your body to the right and look behind you.
3. Hold for a few seconds, then twist to the left side.



Tree Pose

1. Stand on your left leg and then lift the right leg by placing the sole of the right foot against the upper inner thigh.
2. Raise your arms above your head and press your palms together.
3. Hold for 30 seconds, then switch legs and repeat.



Cool Down Exercises

Cool-down exercises are done after the dance class.

It is intended to relax the muscles and give time for the heart rate to decrease gradually as the blood circulation returns to normal.

Execute the following cool down exercises:

Slow Walking

Walk slowly to help your heart and breathing calm down after dancing.



Pigeon Stretch

1. Bring your right knee forward and stretch your left leg back.
2. Place your hands on the floor on both sides.
3. Look slightly backward and hold for 30 seconds.
4. Switch legs and repeat.

Wall Shoulder Stretch

1. Place your hands on the wall and step back a little.
2. Bend your body forward from your hips until you feel a stretch in your shoulders.
3. Hold this position for 30 seconds.





Seated Mountain Pose

1. Sit cross-legged with your back straight and arms relaxed.
2. Stretch your arms above your head and interlock your fingers.
3. Hold this pose for 30 seconds to 1 minute.

Child's Pose

1. Kneel on the floor and sit back on your heels.
2. Keep your knees a little apart.
3. Lean forward and touch your forehead to the floor.
4. Stretch your arms in front and take deep breaths.
5. Hold for 30 seconds to 1 minute.



Hero Pose

1. Kneel on the floor with your knees together and feet apart at hip width.
2. Sit back on your feet and place your hands on your thighs.
3. Stay in this pose for 1 minute or as long as it feels comfortable.












ACTIVITY 2

“Let’s go to School”

Name:

Date:

Match the Exercise to the School Action.

Exercise	School Action
 <p>Standing</p>	Cleaning the classroom whiteboard.
 <p>Standing Knee Raises</p>	Walk back to your desk after Recess.
 <p>Waist Exercise</p>	Picking up your school bag from the floor.
 <p>Side Stretch - Sitting</p>	Stretch legs like sitting on the floor reading a storybook.
 <p>Pigeon Stretch</p>	Waving at friends across the classroom.
 <p>Side Stretch - Standing</p>	Climbing the stairs to class.
 <p>Slow Walking</p>	Stretch shoulders after carrying a heavy backpack.
 <p>Big Arm Circles</p>	Reaching sideways for a fallen object in class.



ACTIVITY 3

Benefits of Body conditioning in dance

Shade either "True" or "False" for each statement.

a) Warm-up exercises help your body get ready for dance.

TRUE

FALSE

b) Cool-down exercises make your heartbeat faster.

TRUE

FALSE

c) Pre-dance exercises help your core muscles get ready.

TRUE

FALSE

d) Dance Activities should always start with Warm-up, Pre- dance and Cool-Down Exercises.

TRUE

FALSE

My Dance Reflection Sheet - "Let's Move at School!"

Name:

Date:

Part A: How Did I Do Today?

Circle the face that matches how you feel.

1. Warm-Up

Did I warm up my body safely before dancing?

- 😊 Yes! I did all the warm-ups with energy.
- 😐 I tried but missed some steps.
- 😞 I found it difficult today.

2. Pre-Dance

Did I control my body and use strong core muscles?

- 😊 I balanced and moved really well.
- 😐 I balanced a little.
- 😞 I struggled with the movements.

3. Cool-Down

Did I slow down and relax my body?

- 😊 I cooled down calmly.
- 😐 I relaxed a little.
- 😞 I rushed and didn't relax.

4. Space Awareness

Did I move safely without bumping into others?

- 😊 I kept my space and moved safely.
- 😐 I bumped once or twice.
- 😞 I bumped many times.

5. My Effort

How much effort did I put into today's activity?

- 😊 I tried my very best!
- 😐 I tried a little.
- 😞 I did not try enough.

Part B: My Thinking Corner

1. Something I did well today:

.....

2. Something I want to improve next time:

.....

3. Which exercise helped my body the most today?

(Choose one)

- Warm-Up
- Pre-Dance
- Cool-Down

Write why?

.....
.....
.....

Part C: Colour Check-In

1. Colour the box that shows how your body feels now:

- Green – My body feels good and ready to learn!
- Yellow – My body feels okay but a bit tired.
- Red – My body feels tired and needs more rest.





**MOE
MAHATMA GANDHI INSTITUTE
2026**