

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.

GRADE 8

TITLE OF CARD: RHYTHM IN DANCE

STUDENT'S CARD 6

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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2026**

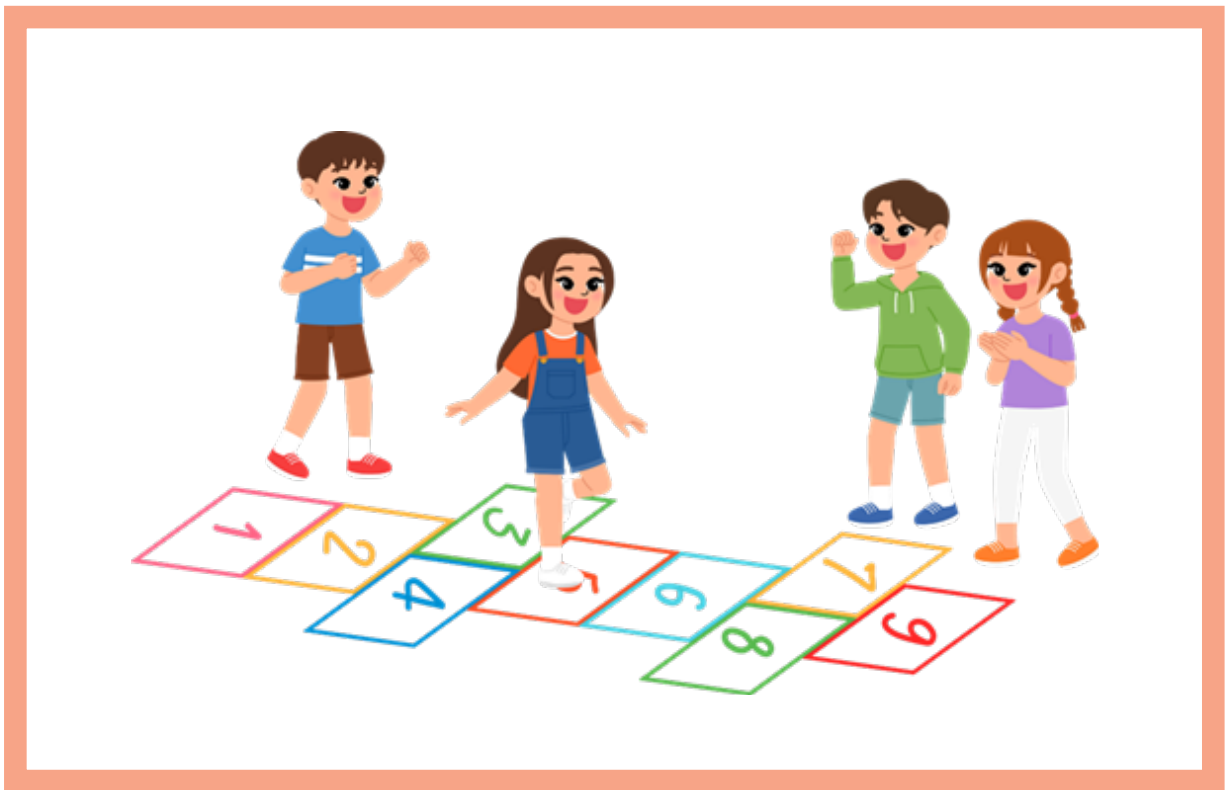
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GRADE 8
STUDENT'S GUIDELINES

CARD 6

**TITLE OF CARD:
RHYTHM IN DANCE**



Activity 1: Rhythm in Music and Dance

What is Rhythm?

Rhythm is a regular and repeated pattern of sound or movement. We can find it naturally in our bodies, like in our heartbeat and breathing, and in daily actions, such as walking or pounding grains. Rhythm is also in nature, like ocean waves, bird songs, and the cycle of day and night.



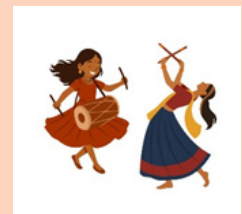
Rhythm in Music and Dance

Humans naturally have rhythm inside them, so it is easy for us to create rhythm in music and dance. Rhythm is one of the first things we notice when we listen to music. We recognise rhythm through the beats of an instrument, and these beats repeat either in a cyclic or linear way.



Rhythm gives music its structure and controls how fast or slow it feels. It also helps create the mood of the music.

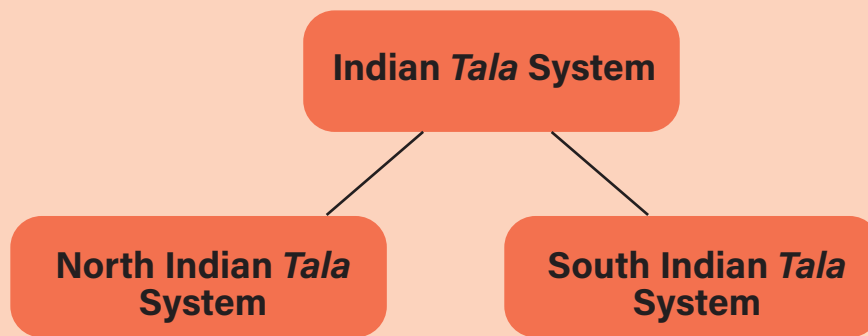
- A slow rhythm makes the music sound sad or calm.
- A fast rhythm makes the music sound happy or lively.



Rhythm in Indian Music and Dance

In Indian music, rhythm is called Tala. There are two main Indian music systems:

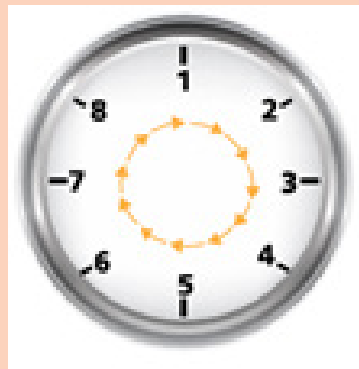
- **Hindustani (North Indian)**
- **Carnatic (South Indian)**



Because of these two systems, the way Tala is counted and expressed also varies slightly.

Tala is a detailed system of measuring time through repeating patterns of beats.

For example, if a Tala has 8 beats, the beats will repeat in cycles of 8. Once the 8th beat is completed, the count starts again at the 1st beat. This creates a continuous rhythmic cycle. Accent is being stressed on the first beat of the cycle.



This rhythmic structure is also very important in Indian classical dances. **Bharata Natyam** and **Kuchipudi** use **Carnatic music** and **Kathak** uses **Hindustani music**.



ACTIVITY 1

1. Identify which Tala System is used in the following dance styles.

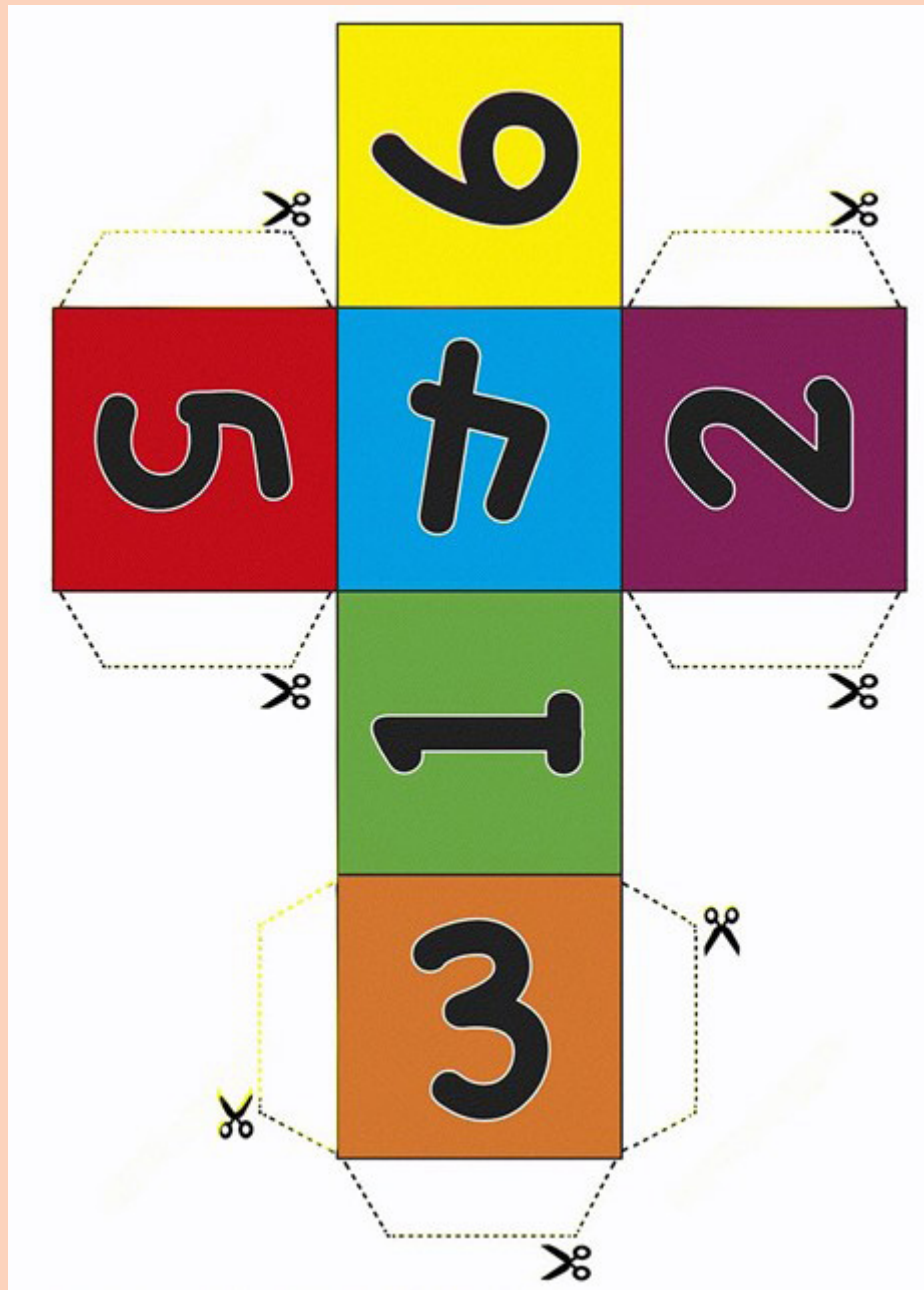




ACTIVITY 2

Roll the Dice

2. Cut and glue the template to make a Dice.





ACTIVITY 3

Movement on the Space provided in the flash cards.

3. Cut the following Rhythmic Flash Cards:

1




Movements: Perform the basic dance movement and Move in a circle.
Time/Speed: Medium
Solo Performance

2



Movements: Perform the Basic Dance Movement, Move in zigzag
Time/Speed: Fast
Perform in Pairs

3



Movements: Perform the Basic Dance Movement, Move diagonally
Time/Speed: Slow
Perform in group of 3

4




Movements: Perform the Basic Dance Movement, Stay in place and use levels (high to low)
Time/Speed: Medium
Solo Performance

5



Movements: Perform the Basic Dance Movement, use personal space
Time/Speed: Fast
Group Performance

6 **Make Your Own!**



Movements: Perform a Basic Dance Movement from you
Time/Speed: Student Decides



ACTIVITY 4

4. Roll the dice, pick the matching rhythm card, and perform the moves using different levels, tempo, energy, and space.

Rhythm Sports Challenge - My Progress Track

Name: _____ Date: _____

Track your learning like a sports tournament.

1. Color each star after achieving each skill and reaching the Finish Line to become a Rhythm Champion.

RHYTHM SPORTS FIELD

START LINE

I performed the Basic Dance Movements

I danced in Rhythm

I used space and danced freely

I worked well in group

FINISH LINE

I am a Rhythm Champion

SCOREBOARD

My best Dance Movement today: _____

Next time I want to improve: _____



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