

TEACHER'S GUIDELINES

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

TEACHER'S CARD 6

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2025**

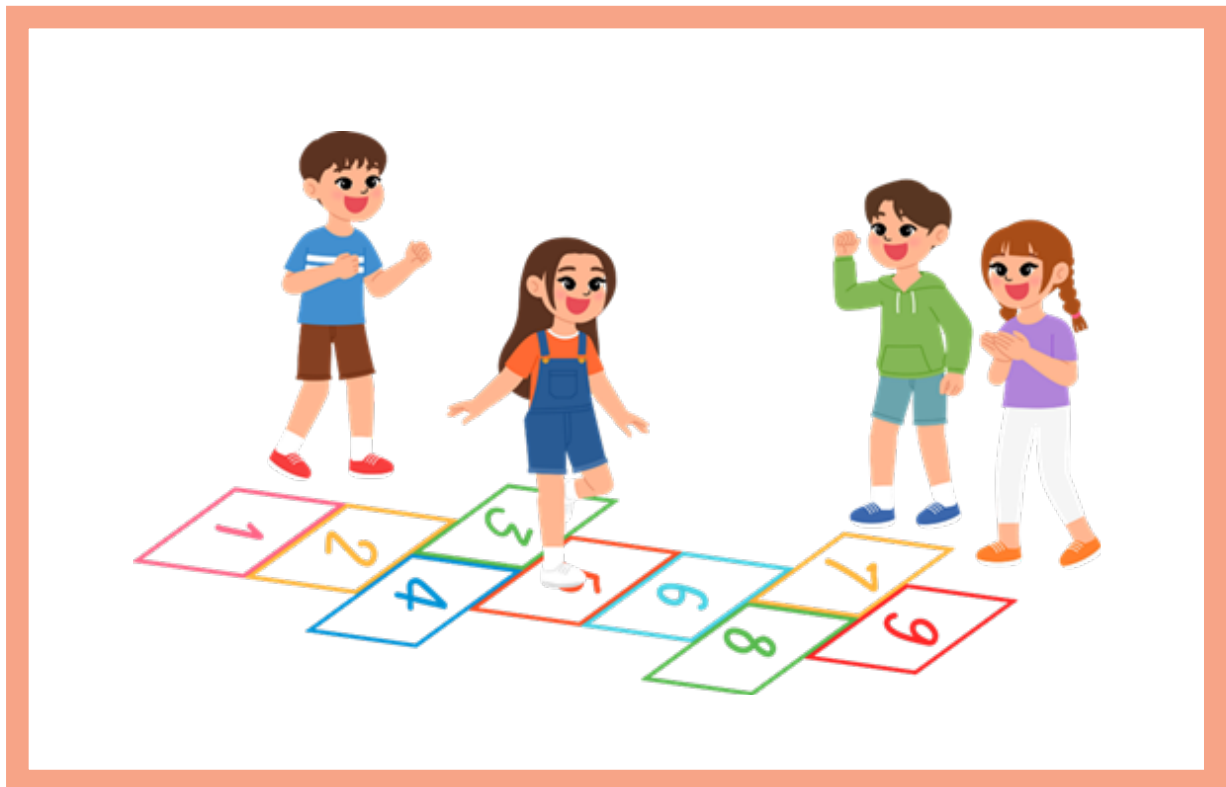
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GRADE 8
TEACHER'S GUIDELINES

CARD 6

**TITLE OF CARD:
RHYTHM IN DANCE**



GUIDE TO EDUCATORS

Title of Card: Indian Classical Dance Form

Competency 6:

Creativity

Element 1:

Create short rhythmic dance sequences.

Performance Criteria:

▪ Level 1:

Perform rhythmic dance movements according to the teaching dance style using sports or game-based actions.

▪ Level 2:

Create simple and short rhythmic dance sequences.

Element 2:

Reflect on personal and peer performances.

▪ Level 1:

Observe peer dance performances and give simple feedback on rhythm, coordination, and creativity.

▪ Level 2:

Create and perform short group choreographies and reflect on the performance process.

▪ **Level 3:** Identify Basic Dance Movements and recite rhythmic patterns during group performances.

Purpose of Activity:

This activity helps students learn rhythm through Basic Dance Movements and fun games. It builds listening, timing, and teamwork skills. Students also practice counting beats, following instructions, and naming movements in a creative and active way.

Resources:

- Open space.
- Cards.
- Markers / coloured pens.
- Video of Basic Dance Movements.
- Photos of Basic Dance Movements.

Learning Outcomes:

At the end of the lesson, students will be able to:

- Identify and perform rhythmic patterns using Basic Dance Movements.
- Count beats using body percussion.
- Create simple rhythmic movements and group patterns creatively.
- Reflect on their learning and describe their favourite dance movements.

Prior Preparation:

Prepare cards with rhythmic actions and movement cues.

- Invent a simple game using rhythm and movement collaboratively
- Reflect and describe their personal learning and favorite dance movements.

Teaching Trajectories / Implementation Guidelines

Activity 1: Rhythm in Music and Dance

- Introduce the concept of Rhythm in Music and Dance to the students.



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.

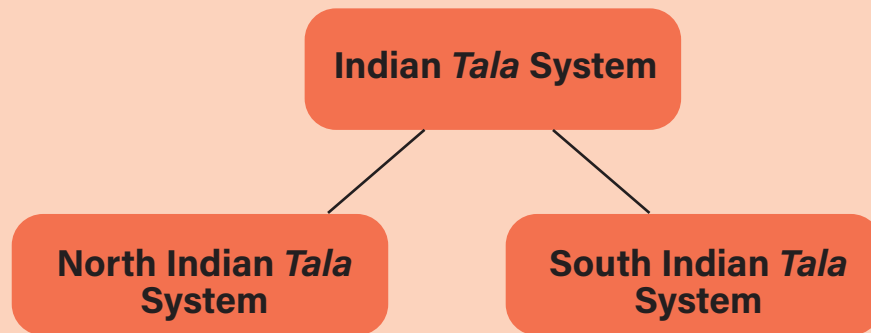


1. Rhythm also helps organise the lyrics of a song. The number of words and syllables must fit into the rhythm.
2. In dance, rhythm is extremely important. Without rhythm, dance would not exist, because dancers move according to the beat.

Rhythm in Indian Music and Dance

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

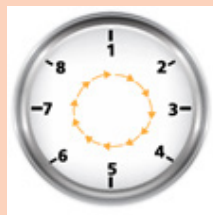
- **Hindustani (North Indian)**
- **Carnatic (South Indian)**



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 2: Roll the Dice

- Start with warm-up Exercises where rhythm can be found. (Breathing, Walking, Clapping, Jumping).
- Demonstrate Basic Dance Movement sequences to the students. (As per your dance style).
- Incorporate the element of speed in the rhythmic patterns.
- Students will imitate and demonstrate rhythmic patterns in 3 speeds.
- Cut and glue the Dice template from the worksheet.
- Write a few Basic Dance Movements on the Flash cards from the worksheet.
- Cut the flash cards from the Worksheet.
- Students will Roll the dice, pick the matching rhythm card, and perform the moves with the whole class using different levels, tempo, energy, and space.
- Encourage the students to stay in rhythm as they move along in different formations. (Circles, zigzag, diagonal).
- Introduce different styles of walking in 3 speeds along with different formations.
- Call out a number (e.g., 3, 4, 5).
- Students walk and perform the Basic Dance Movements to create a group choreography. Change the number and style of movement with each round.
- Reflect on the student's favourite moves.

Assessment Rubric

Criteria	Basic	Intermediate	Proficient
1. Performing Rhythmic Patterns	Performs rhythmic patterns accurately and stays on beat throughout.	Performs rhythmic patterns with minor errors; beat sometimes inconsistent.	Performs patterns with frequent pauses or needs teacher support to follow the beat.
2. Creating Rhythmic Sequences	Creates a clear and creative rhythmic sequence using a variety of Basic Dance Movements.	Creates a simple sequence using a few Basic Dance Movements.	Creates a sequence only with guidance; uses very limited movements.
3. Coordination & Use of Space	Shows good coordination and uses different levels, directions, and formations confidently.	Shows average coordination; uses some levels and directions.	Shows limited coordination; stays mostly in one spot or uses limited space.
4. Group Work & Collaboration	Participates actively, shares ideas, and supports the group effectively.	Participates in group work with reminders; contributes some ideas.	Participates only when prompted; minimal contribution to group work.
5. Reflection on Performance	Gives clear feedback on rhythm, coordination, and creativity; explains what improved or what was challenging.	Gives simple feedback; identifies at least one thing done well or needing improvement.	Gives very limited feedback; needs guidance to express what they learned.

Extension Activities:

Activity 1: Rhythm Relay

- Divide students into 3 teams.
- Set up 3 rhythm stations (with a combination of Basic Dance Movements, walking styles and rhythmic patterns).
- Students run to a station, perform the rhythmic movement, and run back to tag the next player.
- Continue until all teammates complete the movements from the stations.
- The team that performs all patterns correctly and stays in rhythm wins.

Activity 2: Rhythm Hopscotch

- Students are provided with chalks, or masking tapes
- Create a hopscotch grid on the floor (can be 6, 8, or 10 squares depending on space).
- Inside each square, write or stick a rhythmic action (Basic Dance movements, walking styles and rhythmic patterns).
- Students one by one will hop through the grid.
- At each square, a student will do the written action on the beat.
- Add a challenge: Perform the whole sequence in slow, medium, and fast tempo.
- Reflect on the student's favourite moves.



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