

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 9

TITLE OF CARD :

BODY CONDITIONING- WELCOME TO SCHOOL GROOVE



**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 9

STUDENT'S WORKSHEET

Card 1

**Title of Card: Body Conditioning-
Welcome to School Groove**





Introduction

Body conditioning in classical dance refers to a set of exercises designed to prepare, strengthen, and align the body for safe and expressive movement. It helps dancers develop flexibility, stamina, balance, posture, core strength, and coordination, which are essential for executing classical dance movements with accuracy and grace.



Warm-up Exercises

It is important for dancers to warm up before any dance activity to prepare the body for longer training. A warm-up should include exercises for ankles, knees, hips, shoulders, elbows and wrists.



Lateral leg Swings

Squat side kick





Pre-Dance Exercises

After the body is warmed, dancers can execute certain movements within their routine during the dance class. Pre-dance exercises are intended to warm up the core muscles that are to be used during the dance class. They also help the dancer's body to become more flexible.



Hamstring Stretch

Triangular poses



Cool-Down Exercises

Cool-down exercises can last for two to three minutes depending on the intensity of the activity performed. Cool-down exercises are also important after dancing as this can help reduce muscle soreness and speed up the recovery process after intense activity.



Easy pose

Glue stretch





Activity 1:

Warm-up Rhythm Flow

- Students stand in a spaced-out formation.
- Teacher leads ankle, knee, hip, shoulder and wrist rotations in 8-counts.
- Add simple rhythmic claps on counts 1-2-3-4.
- Students repeat rotations in rhythm with slow → medium tempo.
- Finish with light jogging on the spot for 10-15 seconds.



Activity 2:

Pre dance stretch and shape

- Demonstrate **Triangular Pose** and **Hamstring Stretch** (as in card).
- Students hold each pose for 6 counts.
- Add a simple side-body reach using **pataka** hand gesture.
- Connect both stretches into a short flowing sequence.



Activity 3:

Body Conditioning Groove Sequence

Perform:

- 4 counts **Lateral Leg Swings**
- 4 counts **Squat Side Kicks**
- Walk 4 counts to the right
- Walk 4 counts to the left
- Combine the steps into a 12-16 count dance mini-sequence.
- Students repeat with music or steady beat.



Self Assessment

Name:

Date:

Answer the following questions.

1. What is the purpose of warming up before dancing?

Write one or two sentences.

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

2. Name two pre-dance stretches found in this lesson.

.....
.....

3. Why is body conditioning important in dance?

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

Exercise 2: Complete the Sentences

Fill in each blank with the correct word:

(flexibility, posture, rhythm, cool-down, endurance)

1. A dancer needs good..... to move safely and smoothly.
2. A helps the body relax after dancing.
3.helps dancers perform for a longer time.
4. Goodkeeps the spine straight and chest lifted.
5. Dancers follow counts to stay in

Exercise 3

Put these steps in the correct order.

Cool down exercises

Warm-up exercises

Pre -dance exercises

Exercise 4: Your Reflection





Write 2-3 sentences about what you enjoyed or found challenging in the "Welcome to School Groove" routine.

.....

.....

.....

5. Tick (✓), Circle, or Colour the emoji that best represents how you feel about each skill.

Skill	 I did very well	 I did well	 I need more practice	 I found it difficult
1. Warm-up exercises (ankles, knees, hips, shoulders, wrists)				
2. Pre-dance stretches (Triangular Pose, Hamstring Stretch)				
3. Body conditioning steps (Leg Swings, Squat Side Kicks)				
4. Rhythm and timing (following counts)				
5. Coordination (arms + legs + gestures)				
6. Posture & alignment (chest open, spine long)				
7. Flexibility & agility				
8. Participation & focus				



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