

# **TEACHER'S GUIDE**

FOUNDATION PROGRAMME FOR LITERACY  
NUMERACY AND SKILLS

## **DANCE**

### **Body conditioning**



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**GRADE 9**

**TITLE OF CARD :**

**BODY CONDITIONING- WELCOME TO SCHOOL GROOVE**

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2026**

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**GRADE 9**

# **GUIDE TO EDUCATORS**

**Card 1**

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



## **Competency:**

**Body Conditioning-** Students should be able to demonstrate basic body conditioning and postures. They should be able to identify and execute body movements and patterns in rhythm.

## **Element 1**

Demonstrate action, time and energy in movement.

## **Performance Criteria**

- **Level 1:** Execute simple patterns in different speeds.
- **Level 2:** Perform extended dance sequences in rhythm.

## **Purpose of Activity**

To help students develop proper body conditioning skills that are essential for classical dance.

It also aims to build students' body awareness, promote discipline and focus and prepare them physically for more complex classical dance techniques.

## Learning Outcomes

**By the end of this lesson, students should be able to:**

- Demonstrate an understanding of warm-up, pre-dance and cool down exercises for safe and effective dance practice.
- Execute warm-up, pre-dance and cool-down exercises with accuracy.
- Practice the exercises to develop flexibility, agility and endurance.

## Resources and Materials

- A clear open floor area
- Music player or speaker
- Mirror (if available) for posture correction.
- Comfortable dance attire
- Yoga mats for stretching

# Teaching Trajectories / Implementation Guidelines

## 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

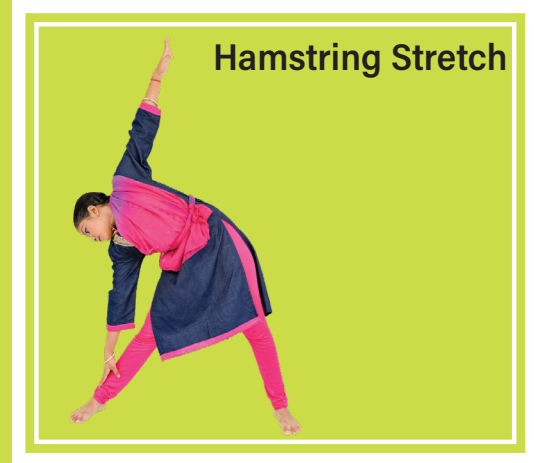
Squat side kick





## 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.



## 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.





## 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**

- 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.



## Assessment Criteria

### Execution of movements

- Accuracy in warm-up, pre-dance and cool-down exercises.

### Posture and alignment

- Maintain correct chest and hip alignment during exercises.

### Rhythm and timing

- Ability to follow counts when performing the exercises and dance sequences.

### Coordination

- Effective coordination of arms, legs and gestures in movement patterns.

### Flexibility, agility and endurance

- Demonstrate flexibility, agility and endurance.

### Focus and participation

- Shows discipline, engagement and consistent effort.



## Assessment Rubric

Criteria	Basic	Intermediate	Proficient
Execution of movements	Attempts movement but with many mistakes	Performs most movements correctly with few errors	Performs all exercises accurately and confidently.
Posture and alignment	Inconsistent posture, need help.	Posture mostly correct.	Maintains strong posture and alignment through activity
Rhythm and timing	Frequently off beat, needs improvement.	Follows rhythm most of the time.	Moves consistently in rhythm.
Coordination	Coordination limited, movement feels disconnected.	Coordination mostly steady.	Arm-leg coordination is well execution.
Flexibility, agility, endurance	Very limited flexibility and cannot execute properly	Adequate flexibility and endurance	Shows flexibility and good stamina.
Focus and participation	Low effort and engagement	Good participation and effort.	Fully engaged, excellent participation



## Extension Activity

### Welcome to school Groove

The teacher is free to choose any music of her/his choice.

### Shoulder Rolls

- Counts 1–4: Roll shoulders forward.
- Counts 5–8: Roll shoulders backward.

### Ankle exercises

- Lift right foot, rotate ankle for 4 counts.
- Repeat on left for next 4 counts.
- Counts 1–4: Move into Triangular Pose (right side) with pataka and gesture stretching upward.
- Add any adavus, tatkar that the students want to execute.
- Finish with a cool down pose.



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