

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 9

**TITLE OF CARD : RE- DISCOVERING THE THREE CLASSICAL
DANCE FORMS OF MAURITIUS THROUGH PATRIOTISM**



**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 9

STUDENT'S WORKSHEET

Card 2

**Title of Card: Re- discovering the
three classical dance forms of
Mauritius through patriotism.**



Introduction

In Mauritius, only three Indian classical dance forms are practiced. The three classical dance forms are Bharata Natyam, Kathak and Kuchipudi.



Ancestors who came from India had their roots from the South, South-East, South-West and the Northern regions of India. As Bharata Natyam originated from Tamil Nadu, Kuchipudi from Andhra Pradesh and Kathak from the Northern regions, these classical dance forms had an influence on the people of Mauritius and got established in the island.





Bharata Natyam

Bharata Natyam, as learnt in Grade 7 and Grade 8, is one of the oldest classical dance forms from South India, and it is widely practiced in Mauritius today. It began in the temples of Tamil Nadu.

Bharata Natyam is known for its araimandi posture and natyarambhe posture, its strong footwork, hand gestures and expressive facial movements that help the dancers communicate feelings and stories without words.



Kathak

Kathak is a classical dance form from North India and is also practiced in Mauritius. The word "kathak" comes from Katha, meaning story. Kathak dancers were storytellers who used rhythm, movement and expression to share tales in temples and royal courts.

Today Kathak is known for its fast spins, precise footwork and graceful movements.





Kuchipudi

Kuchipudi is a classical dance form from the state of Andhra Pradesh in South India. It is known for its graceful movements, expressive storytelling and a unique blend of dance and drama. Traditionally Kuchipudi was performed as a dance drama with characters, dialogues and music.



Activity 1

Bharata Natyam Adavus- Rhythms of the Nation

- Demonstrate to the students a set of basic adavus (Natta, pakka, shutru and teermanam adavu).
- After practicing, they create a short dance sequence on a patriotic song.

The teacher is free to choose any music on which the students want to choreograph.



Activity 2

Kathak Tatkar- Footsteps of freedom

- Demonstrate to the students a set of basic footwork in any formation.
- Students can take turn by adding a patriotic element such as:
 - Turning with a salute pose.
 - Performing a chakkar that symbolise the wheel of progress.
 - Adding claps that represent celebration of independence.



Activity 3

Kuchipudi Adavus- steps of Unity

- Demonstrate to the students, light and graceful Kuchipudi adavus.
- A short scene inspired by patriotic themes can be choreographed by the teacher such as:
 - A symbolic march for peace
 - Diverse cultures standing together to celebrate independence



Self Assessment

Name:

Date:

1. Multiple Choice Questions

Choose the correct answer.

1. Bharata Natyam originated from:
 - A. Andhra Pradesh
 - B. Tamil Nadu
 - C. North India

2. Kathak is known for:
 - A. Fast spins and precise footwork
 - B. Heavy jumps
 - C. Floor movements

3. Kuchipudi is traditionally performed as:
 - A. Solo only
 - B. Dance drama
 - C. Group singing

2. Answer the following short answer questions

1. Name the three classical dance forms practiced in Mauritius.

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

2. Write one key feature of Bharata Natyam.

.....

3. What is the meaning of the word Kathak?

.....
.....

4. Write one key feature of Kuchipudi Classical dance.

.....

3. Word Puzzle- Find the classical dance forms

Circle the words: Bharata Natyam, Kathak, Kuchipudi

A T K A T H A K L P O A N

B H A R A T A N A T Y A M

C U C H I P U D I W R O K P

K K U C H I P U D I P Y N B

4. Match the Dance form to its feature

| | |
|----------------|------------------------|
| Bharata Natyam | Dance drama traditions |
| Kathak | Araimandi posture |
| Kuchipudi | Fast spins (Chakkars) |

5. Please tick the emoji that best describes your understanding and performance in this lesson.

| Skill |  I did well |  I need practice |  I Need Help |
|---|---|--|--|
| I can name the three classical dances. | | | |
| I can describe one feature of each dance. | | | |
| I can perform basic adavus or tatkar steps. | | | |
| I can keep rhythm and timing during the dance activity. | | | |
| I can perform a patriotic pose confidently. | | | |
| I worked well and cooperated with my group. | | | |
| I participated actively in class. | | | |



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