

# **TEACHER'S GUIDE**

FOUNDATION PROGRAMME FOR LITERACY  
NUMERACY AND SKILLS

## **DANCE**

### **Classical dance forms**



#### **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**

**GUIDE TO EDUCATORS**

**Card 2**

**Title of Card: Re - discovering the  
Indian classical Dance Forms in  
Mauritius through patriotism.**

## **Competency:**

### **Art and Appreciation**

Students should demonstrate an understanding and appreciation of the three main classical dance forms practiced in Mauritius.

## **Element 1**

Create short rhythmic dance sequences

## **Performance Criteria**

- **Level 1:** Reproduce taught compositions.
- **Level 2:** Create simple and short rhythmic dance patterns.

## **Purpose of Activity**

To help students identify and appreciate the three main classical dance forms practiced in Mauritius.

To encourage observation, comparison and appreciation of dance as a cultural expression.

## Learning Outcomes

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

- Name the three main classical dance forms practiced in Mauritius.
- Describe key features of each dance form.
- Differentiate between the three dance styles.
- Execute any of these dance styles.

## Resources and Materials

- Pictures of Bharata Natyam, Kathak and Kuchipudi.
- Short video clips showing performances for each dance style.
- Markers, coloured pencils
- Any music of your choice.

# Teaching Trajectories / Implementation Guidelines

## 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.
- 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- Foodsteps 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 .



## Assessment Criteria

### Technical Accuracy

- Correct execution of Bharata Natyam, Kuchipudi adavus.
- Precision and clarity in Kathak tatkar rhythm.
- Grace, alignment and jumps in Kuchipudi Adavus.
- Steady rhythm and coordination throughout the performance.

### Rhythm and Timing

- Ability to maintain consistent tempo.
- Synchronization with the beat or spoken syllables (bols) and nattuvangam.

### Expression

- Clear execution of patriotic elements: pride, unity, respect.
- Effective use of facial expression.

### Creativity and choreography

- Originality in forming sequences using adavus/ tatkar.
- Ability to blend technique with themes given.
- Innovative use of formation.

### Coordination and teamwork

- Synchronization among group members.
- Formation accuracy and spacing.
- Supportive cooperative behaviour during performance.

### Stage presence and confidence

- Confident posture and eye focus.
- Overall engagement with the audience.



## Assessment Rubric

Criteria	Basic	Intermediate	Proficient
<b>Technical Accuracy</b>	Frequent errors, unclear movements and lacks basic understanding of techniques.	Mostly accurate movements with minor errors in posture and footwork.	Movements are precise, controlled and fully aligned with Bharata Natyam, Kathak and Kuchipudi techniques.
<b>Rhythm and Timing</b>	Struggles to follow rhythm, inconsistent throughout.	Mostly on beat with small timing lapses.	Maintain perfect rhythm.
<b>Expression</b>	Little to no expression- theme unclear.	Good expression and theme portrayed with some errors.	Facial expressions and gestures strongly communicate patriotic elements.
<b>Creativity and choreography</b>	Minimal creativity, choreography does not effectively show theme.	Good creativity, choreography clearly relates to theme.	Excellent integration of adavus/tatkar with patriotic elements.
<b>Coordination &amp; Teamwork</b>	Fully synchronized and excellent spacing and group awareness.	Generally synchronized with minor spacing issues.	Lacks teamwork: poor synchronization and spacing.
<b>Stage Presence and confidence</b>	Lacks confidence, avoids eye contact and appears unsure.	Good presence, minor signs of hesitation.	Confident, engaging, strong eye focus and stage control.



## Extension Activity

### Dance Game

#### Form teams

- Divide the group into 2 or 3 teams depending on the style of dance available at your school.
- Each team will work with basic movements from their style of dance.

#### Game Rounds

- The game has 3 main rounds, each scoring points using the rubric.

#### Round 1

- The teacher counts a rhythm in her/his respective Talam.
- Teams must perform one adavu/tatkar pattern that correctly matches the beat. The beat can be either in 1st, 2nd or 3rd speeds.
- Movements must be clear, and in unison.

#### Round 2

##### Patriotic Pose

- The teacher calls out a patriotic keyword such as: Unity, Courage, Freedom
- Each team has 10 seconds to execute:
  - A short 2-3 step sequence using their dance style.
  - Ending in a tableau/ freeze pose showing the word.

### **Round 3**

#### **Choreo Relay**

- Each team stands in a line.
- Student 1 begins a 2 steps sequence using their styles.
- Student 2 must add on with 2 new steps keeping theme and style.
- Sequence continues until all members have contributed to the game.
- The whole team performs the final choreography together.



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