

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE

Folk dance of mauritius



GRADE 9

TITLE OF CARD :

A VIBRANT FOLK DANCE OF MAURITIUS-KOLLATAM



**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 9

GUIDE TO EDUCATORS

Card 3

**Title of Card: : A vibrant Folk dance
of Mauritius - *Kollatam***

Competency:

Performing

Students should demonstrate the ability to confidently and accurately perform movements using appropriate techniques and coordination.

Element 1

Perform dance sequences and patterns with clarity.

Performance Criteria

- **Level 1:** Execute simple rhythmic patterns (Adavus)
- **Level 2:** Perform solo/group choreographies with clarity.

Purpose of Activity

To explore and appreciate kolattam, a traditional stick dance that reflects the cultural heritage of Mauritius.

To develop rhythm, coordination, teamwork and creativity while learning basic steps and stick movements.

Learning Outcomes

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

- Demonstrate basic rhythmic sequences using Kolattam sticks
- Perform simple group choreography combining music and movement
- Create collaboratively and perform a short sequence inspired by Mauritian folk traditions
- Design a kolattam stick by using appropriate materials

Resources and Materials

- Pairs of Kolattam sticks (or wooden sticks for each student)
- Audio clips of South Indian folk rhythms or any Instrumental music
- Posters or video examples of Kolattam group dances
- Open space for movement
- Yoga mats for stretching

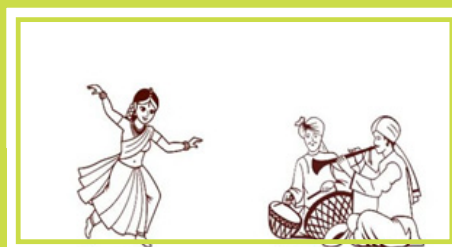
Teaching Trajectories / Implementation Guidelines

Introduction

Mauritius has inherited a rich cultural background from the various immigrants who came as settlers from Europe, Africa, Madagascar, India and China.



These settlers brought with them their cultural heritages such as languages, traditions, artefacts, food habits, music and dance forms that have been passed on from one generation to another.





Folk & Ritual Dance

Folk and ritual dances are part of the cultural practices brought by the immigrants. These folk and ritual dances played a major role in preserving the identity of the various ethnic groups in the multicultural society of Mauritius.



There are several folk and ritual dances in Mauritius and Kolattam is one of them.



Kolattam

Kolattam is derived from the words 'kol' meaning small stick, and 'attam' meaning dance.



Kolattam is a dance where the dancers play with sticks. The kolattam dance is a popular folk dance originating from Tamil Nadu in India and practiced mainly by the Tamil and Telugu community in Mauritius. This dance is usually performed by young girls and women holding two sticks in their hands. Dancers strike their sticks while making various patterns in a big circle. They also dance in pairs by striking each other's sticks.



The dance is performed during festivals, processions and cultural events. The young dancers wear the pavadai which is a long-pleated skirt with a blouse and a contrasting stole, while the women wear the traditional sari and blouse.

The musical instruments used are the *Dappu* and *Manjira*.



Dappu



Manjira



Activity 1:

- Start with a warm-up activity (i.e breath in and out for few minutes)
- Teach 2-3 basic sticks pattern (i.e right-left, front - tap, side-tap and rotate).
- Practice in pairs moving in simple formations.



Activity 2:

- Start with a warm-up activity (for example slow circles with the neck, leg swings and jumping jack).
- Practice in pairs moving in simple formations and expand to groups of 4 or 6.
- Create a group dance sequence using the learnt steps on folk music.



Assessment Criteria

Rhythmic pattern

- Demonstrates accuracy in executing basic Kolattam stick patterns (right-left, front-tap, side-tap, rotate).
- Maintains steady tempo and rhythm.

Technique and clarity of movement

- Performs steps and stick strikes with proper posture, body alignment and coordination.
- Shows clarity in arm movements, footwork and timing.

Group Collaboration

- Works cooperatively in pair and group formations.
- Maintains spatial awareness and synchronizes movements with peers.

Creativity and Choreography

- Contributes ideas during group sequence.
- Demonstrates originality in movement combinations while respecting Kolattam tradition.

Cultural understanding

- Identifies key features of Kolattam as a Mauritian folk dance.
- Shows appreciation for cultural heritage through performance behavior and participation.

Design Task

- Designs a Kolattam stick using appropriate materials, colours, and patterns.



Assessment Rubric

Criteria	Basic	Intermediate	Proficient
Rhythmic pattern	Patterns mostly incorrect require continuous guidance	Performs most patterns correctly with minor rhythm	Performs all rhythmic patterns accurately, maintains constant rhythm and confidence.
Technique and clarity of movement	Movements lack clarity; difficulty following basic steps.	Movements mostly clear with minor coordination errors.	Movements are precise, coordinated, and clearly executed with correct posture.
Group Collaboration	Has difficulty participating cooperatively; often off-beat or out of space	Shows good teamwork; minor spacing issues.	Works very well with group; excellent synchronization and spatial awareness.
Creativity and choreography	No creative input. Needs guidance to participate.	Shows some originality; contributes workable ideas.	Contributes creative ideas and integrates them smoothly into group work.
Cultural understanding	Basic understanding of Kolattam dance	Demonstrate general understanding of Kolattam dance.	Clearly explains features of Kolattam and shows deep respect for cultural elements.
Design task	Unfinished design; minimal effort.	Design is neat and functional with some cultural elements.	Stick design is functional, neat, culturally inspired, and beautifully executed



Extension Activity

- Prepare your sticks
- Make sure your sticks are smooth
- Choose a cultural theme

Think of:

- Mauritian Tamil/Telugu Motifs
- Traditional colours (Red, yellow, green, Blue)
- Kolattam festival decorations
- Simple geometric patterns (dots, lines, triangles)

Colour the sticks

- Apply colours evenly
- Use patterns such as stripes, spirals
- Leave them to dry for 10-15 minutes

Add decorations

- Wrap decorative tape or ribbon around the sticks
- Add beads/stickers at the end
- Apply clear tape to protect your design
- Let it dry completely before using



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