

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 9

TITLE OF CARD :

Techniques of Dance- Fundamental steps



**MOE
MAHATMA GANDHI INSTITUTE
2026**

TABLE OF CONTENTS

Guide to Educators	01
Purpose of Activity	03
Learning Outcomes	03
Teaching Trajectories /Introduction	04
Yetta 1st step	05
Kathak	10
Activity 1 & 2	11
Activity 3 & Assessment Criteria	12
Assessment Rubric	14
Extension Activity	15

GRADE 9

GUIDE TO EDUCATORS

Card 4

Title of Card:

**TECHNIQUES OF DANCE -
FUNDAMENTAL STEPS**

Competency:

Performing

Element

Perform dance sequences and patterns with clarity.

Performance Criteria

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

Purpose of the Activity

To develop a sense of rhythm, foot strength and timing.

To improve coordination between footwork, hands and torso movement.

To develop body alignment, rhythmic accuracy and controlled movement through structured basic dance practice.

To build confidence in performing dance movements with discipline.

Learning Outcomes

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

- Perform selected dance movements with correct posture and footwork.
- Demonstrate rhythmic coordination using simple dance patterns.
- Maintain balance and body control while performing repeated movements.
- Perform short dance sequence confidently in front of peers.

Resources & Materials

- Visual charts/posters of basic dance movements.
- Demonstration videos (teacher selected depending on dance styles).
- Recorded music.

Teaching Trajectories/Implementation guidelines.



Introduction

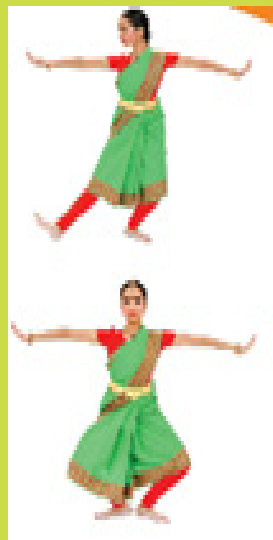
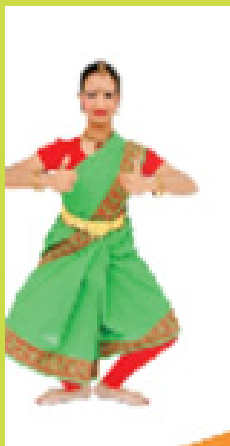
Bharata Natyam

As learnt in Grade 7 and Grade 8, *Adavu* means basic unit of dance. It is of crucial importance in *Bharata Natyam*. In order to develop good dancing skills, mastering the *adavus* in all three speeds is very important.

The *Shutru Adavu* usually consists of the twisting and turning movement of the body. The *Sollukattus* of the *Shutru Adavus* are *Tat Tai Tam Dhit Tai Tam*.



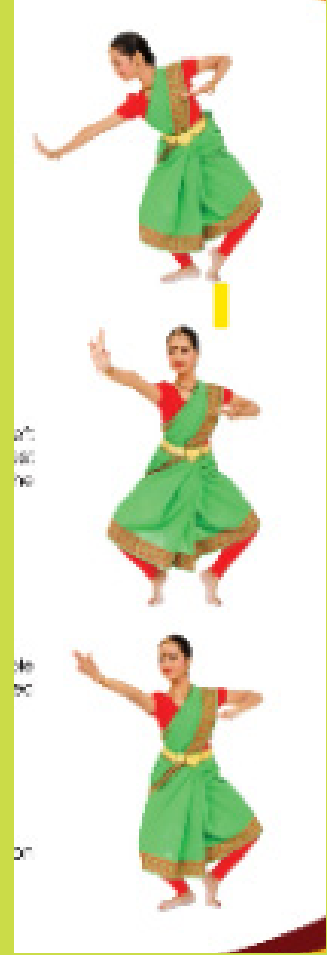
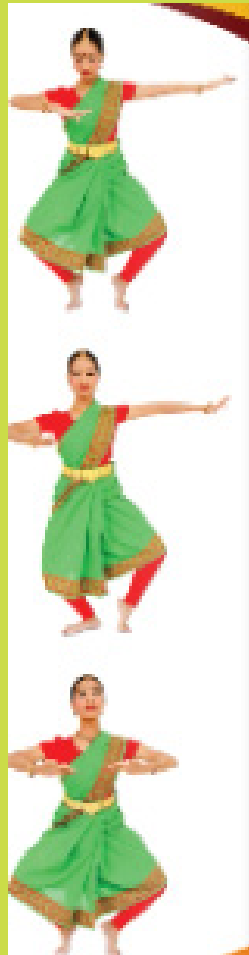
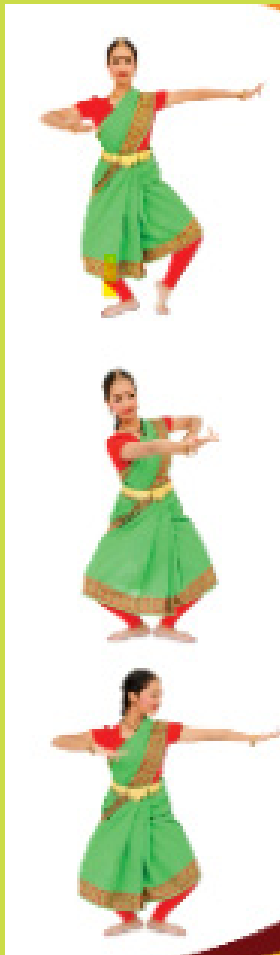
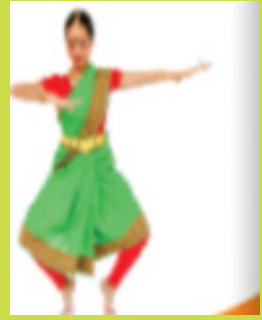
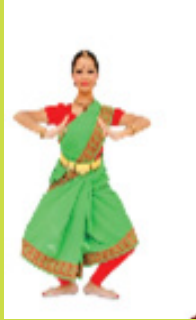
Shutru 4th



Yetta Adavu series consist of *Adavus* that are executed in the same place. The feet movements comprise mainly of stamping and small jumps on the toes with both feet simultaneously. The syllables for *Yetta Adavu* series are *Tat tai ta ha dhit tai ta ha*.



Yetta 1st step





Kuchipudi

Here is quick recap of the technical terms used in Kuchipudi classical dance.



Adavu

An *adavu* is a fundamental dance unit where the hands, feet, head, eyes and other parts of the body move in a coordinated manner.



Patakshara

It is a rhythmic syllable recited when executing an *adavu*.



Anga Shuddham

It is the clarity of body movements while dancing.



Vaishnava sthanaka

It is the half sitting position in Kuchipudi dance.



Sausthava

The standing position with the feet held together and the chest is slightly bent forward.



Natyarambhe

The semi-circular position of the arms.



Pada Bhedas

Pada bhedas are the positions of the feet and are seen in the various adavus.



Usi

Usi is referred to as the dipping movement in Kuchipudi.



Mandi adavus

Mandi adavus consists of a slight hop while sitting down completely on the toes and springing back to a standing posture.



Tat tai Hitta Adavu



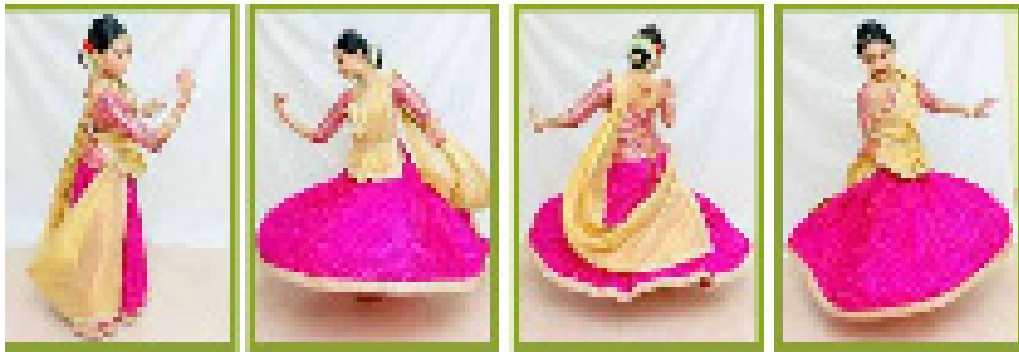
Muktai is an adavu which is repeated thrice or in multiples of three both at the beginning and the end of a dance sequence.





Kathak

Tatkaar and **chakkar-s** are special features of Kathak dance style. **Tatkaar** is the basic footwork in Kathak dance. It also represents an execution of a set of footsteps in several variations. Bant means to share. A bant is executed in fast tempo. It involves **tatkaar** in different patterns and in many variations. **Chakkar** is the dynamic use of spins. The techniques of spins are properly and beautifully executed after a long-dedicated practice.





Activity 1

Mastering *adavus* with rhythm and control.

Bharata Natyam- *Fundamental adavus*

- Students practice selected *adavus* such as *shutru* and *yetta* in three speeds.
- Focus is placed on *araimandi* posture, foot stamping, coordination of hands and eyes and maintaining rhythm using *sollukattus*.



Activity 2

Grace and coordination in *Kuchipudi Adavus*

Kuchipudi- Fundamental Adavus

- Students practice *Tat Tai Hitta adavu* and *mandi adavu*.
- Focus is on *anga shuddham*, *Vaishnava sthanaka*, dipping movements and coordination of hands and feet.
- Simple *pataksharas* are recited during performance.



Activity 3

Rhythm through tatkar

Kathak -Tatkar fundamental footworks.

- Students practice basic *tatkar* using heel and toe movements, clapping to counts.
- The activity progresses from slow to medium tempo.
- This activity can be carried out individually or in groups.



Assessment Criteria

- **Posture and body alignment**

Maintains correct basic posture with proper body alignment.

- **Footwork Accuracy**

Executes adavus/tatkar with clear, correct foot placement and stamping.

- **Rhythm and Timing**

Performs movements in correct tempo, maintaining steady rhythm and timing with counts.

- **Coordination**

Coordinates footwork with hand movements, torso and eye focus effectively.

- **Balance and control**

Maintains balance and body control during repeated movements, jumps and spins.

- **Clarity of movement**

Demonstrates clean, well-defined movements while performing.

- **Stamina and consistency**

Sustains energy and consistency throughout the dance sequence.

- **Performance confidence**

Performs the sequence confidently with focus and discipline in front of peers.



Assessment Rubric

Criteria	Basic	Intermediate	Proficient
Posture & Body Alignment	Maintains basic posture with frequent corrections.	Maintains correct posture most of the time.	Maintains correct posture consistently and confidently..
Footwork Accuracy	Performs simple steps with partial accuracy.	Performs adavus / tatkar with correct foot placement.	Executes footwork clearly with precision and strength.
Rhythm & Timing	Follows basic rhythm with support.	Maintains steady rhythm with counts or music.	Demonstrates strong rhythmic control and timing independently.
Coordination	Coordinates movements with difficulty.	Coordinates hands, feet, and torso effectively.	Shows smooth and well-synchronised coordination throughout.
Balance & Control	Maintains balance inconsistently.	Maintains balance during most movements.	Demonstrates excellent balance and body control.
Clarity of Movement	Movements lack clarity and definition.	Movements are mostly clear and defined.	Movements are sharp, clean, and well-defined (anga shuddham).

Stamina & Consistency	Tires easily; performance lacks consistency.	Maintains energy through most of the sequence.	Sustains stamina and consistency throughout the performance.
Performance Confidence	Performs with hesitation and low confidence.	Performs with growing confidence.	Performs confidently with focus and discipline.



Extension Activity

Bharata Natyam- Adavu sequence

- Students combine 2-3 learnt *adavus* to create a short sequence and perform it in slow and medium speed while focusing on smooth transitions and stamina.

Kuchipudi- Muktai Challenge

- Students perform a *muktai adavu* repeated three times, maintaining consistency, posture and rhythm throughout the repetition.

Kathak- Tatkar with variations

- Students perform *tatkar* with a change in tempo and add a simple *chakkar* at the end while maintaining balance and rhythm.



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