

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 9

**TITLE OF CARD : FOLK AND RITUAL DANCE- CELEBRATING
BHOJPURI CULTURAL HERITAGE THROUGH DANCE**



**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 9

GUIDE TO EDUCATORS

Card 8

Title of Card:

**FOLK AND RITUAL DANCE -
Celebrating Bhojpuri Cultural
Heritage through dance**

Competency:

Cultural Appreciation

Students will develop the ability to recognize, interpret and appreciate Mauritian and Indian dance traditions by exploring Bhojpuri folk dance as a form of cultural expression, community identity and heritage.

Element 1.1

Appreciate Mauritian and Indian dance traditions.

Performance Criteria

- **Level 1:** Recognise local dance styles through viewing dance videos.
- **Level 2:** Interpret the dance styles from video recordings and live performances.

Purpose of the Activity

This activity will help students explore and appreciate Bhojpuri cultural heritage through dance.

This activity promotes cultural awareness, teamwork, creativity and basic performances skills while encouraging respect for Mauritian cultural diversity.

Learning Outcomes

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

- Perform simple Bhojpuri folk dance inspired movements with rhythm and coordination.
- Create a short group dance sequence that represents an aspect of Bhojpuri cultural heritage.
- Demonstrate cooperation, respect and confidence while working and performing in a group.

Resources & Materials

- Laptop / Computer
- Multimedia projector
- Speakers for music playback
- Audio recordings of traditional Bhojpuri folk songs
- Traditional musical instruments (real or visual aids):

Dholak

Chimta

Kartal

Lota with spoons / wooden clappers

- Scarves, dupatta or simple costume pieces for movement activities
- Open dance space / classroom area for group practice
- Whiteboard, chart paper and markers

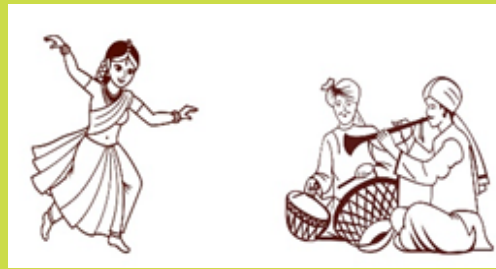
Teaching Trajectories/Implementation guidelines.



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 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 Bhojpuri dance (Geet Gawai) is one of them.

Geet- Gawai is a pre-wedding ceremony that combines rituals, prayer, songs, music and dance. The dance performed during Geet-Gawai ceremony is commonly known as the Bhojpuri dance. This dance has its origin in the various regions of Bihar and is practiced mainly by the Bhojpuri and the Hindi speaking community in Mauritius. The dance is performed by women moving in shuffling steps with opened arms and swinging their hips to the beat of the music.

Geet -Gawai has been inscribed on the UNESCO Representative list of Intangible Cultural Heritage of Humanity in December 2016.

The traditional practice takes place at the home of the bride and groom prior to the wedding.

Dancers wear saris with blouse (choli) or a lehenga with blouse.



The musical instruments used are:

- Dholak
- Chimta
- Kartal
- Lota and spoons
- Wooden Clapper



Activity 1

Bhojpuri Rhythm and Movement Exploration

- Students will observe a Bhojpuri (Geet Gawai) dance through video or teacher demonstration.
- Practise basic Bhojpuri-inspired movements such as:
 - ❖ Shuffling footwork
 - ❖ Open arm movements
 - ❖ Gentle hip swings
 - ❖ Moving in a circle with rhythm.



Activity 2

Bhojpuri group dance creation

- In a small group, students will create a short Bhojpuri-inspired dance sequence based on:
 - ❖ Daily life activities
 - ❖ Wedding/Geet Gawai celebration.
 - ❖ Community joy and togetherness.
- Students will perform their sequence for the class.



Assessment Criteria

- **Cultural understanding**
Identify basic features such as movements, music and cultural context.
- **Dance Performance Skills**
Perform simple Bhojpuri folk dance movements with rhythm, coordination and control.
- **Participation and Teamwork**
Participate actively and cooperatively in group dance activities.
Show respect, responsibility and positive interaction with peers.
- **Expression and confidence**
Perform with growing confidence and appropriate body posture.
- **Attitude and Respect for culture**
Demonstrate respect and appreciation for Bhojpuri cultural traditions and diversity in Mauritius.



Assessment Rubric

Criteria	Basic	Intermediate	Proficient
Cultural awareness	Recognises Bhojpuri dance with support	Identifies basic features of the dance	Clearly explains and values Bhojpuri dance.
Dance Performance	Limited coordination and rhythm	Performs movements with some control	Performs confidently with rhythm
Group Participation	Participates minimally	Cooperates with guidance	Actively support and lead group
Expression and Confidence	Hesitant and unsure	Shows some confidence	Performs confidently and expressively



Extension Activity

The story of our heritage

Group division

Divide students into groups, each representing an aspect of Bhojpuri culture:

- Agriculture and hard work- movements showing planting, harvesting.
- Community- family life- daily village activities like cooking, gathering water, story telling.
- Music and dance traditions- movements inspired by traditional Bhojpuri instruments and songs.

Movement exploration

Each group explores their theme through simple folk dance inspired movements.

Examples:

Agriculture group: digging, planting, carrying baskets, rhythmic pattern of the foot to represent hard work.

Festival group: Community group- movements showing family unity, cooking and laughter.

Music and dance group: clapping, spinning, playful jumps and playing instruments like dholak.

Encourage patterns and repetition to make the movement feel rhythmic.

Choreography

Each group creates a 30/45 seconds sequence that represent their aspect of Bhojpuri culture.



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