

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 9

**TITLE OF CARD :THE INDIAN CLASSICAL MUSIC
AND DANCE IN MAURITIUS- EXPLORING CULTURAL
DANCE THROUGH DIGITAL MEDIA.**



**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 9

GUIDE TO EDUCATORS

Card 9

Title of Card:

The Indian classical music and dance in Mauritius- Exploring cultural dance through digital media.

Competency:

Digital Integration

Students will demonstrate the ability to use digital tools responsibly to explore, understand and present information related to cultural dance traditions.

Element 1

Use apps/software for rhythm practice, choreography recording, and self-evaluation.

Performance Criteria

- **Level 1:** Perform with awareness of cultural context.
- **Level 2:** Use digital tools independently for practice and presentation.

Purpose of the Activity

This activity enables students to use digital technology to explore cultural dance forms. Through videos, images and simple digital presentations, students will learn how technology can support learning, creativity and cultural appreciation while developing basic digital skills.

Learning Outcomes

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

- Use digital devices to view and explore cultural dance content.
- Identify key features of a cultural dance using digital resources.
- Create a simple digital output related to dance.
- Demonstrate responsible and respectful use of digital tools.

Resources & Materials

- Projector or smartboard
- Internet connection
- Dance video clips
- Speakers
- Mobile phones or tablets
- Digital rhythm or Tabla/ Mridangam app
- Presentation tools (PowerPoint)

Teaching Trajectories/Implementation guidelines.



Introduction

Indian music and dance form an important part of the cultural heritage of Mauritius. Many students learn and appreciate classical dance forms such as Bharata Natyam, Kathak and Kuchipudi, which are widely practiced in the country. In today's digital age, technology has become a useful tool for learning and promoting these art forms. Digital media such as videos, online tutorials, rhythm applications and digital presentations allow students to observe dance techniques, understand rhythm and explore storytelling in dance. Through the use of digital tools, learners can watch performances, practice movements, record their own performances and reflect on their progress. This approach makes the learning of Indian music and dance more engaging, interactive and accessible for students.

Therefore, digital media supports the preservation, learning, and promotion of Indian music and dance in Mauritius while making these cultural traditions more accessible to younger generations.



Activity 1

Learn the basic steps of Bharata Natyam through digital video

- The teacher plays a short Bharata Natyam tutorial video showing basic adavus.
- Students carefully observe the postures, hand gestures, and footwork or movements of the feet.
- The video is replayed so students can follow the movements step by step.
- Students practice the adavus in small groups.
- Each group records their practice using a mobile phone or tablet.
- Students watch their recordings to reflect and improve their movements.



Activity 2

Practicing rhythmic footwork with digital beats (Kathak)

- The teacher plays a digital tabla rhythm.
- Students listen carefully to the rhythmic pattern.
- The teacher demonstrates simple tatkar footwork.
- Students practice following the digital rhythm.
- Students perform the sequence in pairs.

Their performance is recorded using a mobile device.



Activity 3

Exploring dance storytelling through videos (Kuchipudi)

- The teacher shows a short Kuchipudi dance performance video.
- Students discuss about the story, emotions and expressions seen in the video.
- In groups, students create 3–4 expressive movements representing a part of the story.
- Students present or record their performance.



Assessment Criteria

- **Participation**

Student actively takes part in the exercises.

- **Observation**

Student identifies movements and rhythm correctly

- **Performance**

Student performs steps with coordination

- **Creativity**

Student shows expressive movements.

- **Use of digital media**

Student uses digital tools to record or present work.



Assessment Rubric

Level	Description
Excellent	Performs movement confidently with correct rhythm and effectively uses digital media.
Good	Performs most movement correctly and participates actively in digital activities.
Satisfactory	Performs basic movement with some guidance.
Basic	Participates but needs significant guidance to perform movements and use digital tools.



Extension Activity 1

Create a Bharata Natyam Tutorial video

- Students work in groups to record a short tutorial video explaining and demonstrating one basic adavu.
- The video may include explanation of posture, hand gestures and rhythm.
- Students share the video with the class.



Extension Activity 2

Digital Rhythm Challenge (Kathak)

- Students create a 30-second rhythmic footwork sequence using a digital rhythm or tabla app.
- They record their performance and present it to the class.
- Other students attempt to follow the rhythm challenge.



Extension Activity 3

Digital Dance story presentation

- Students create a digital presentation (PowerPoint or Canva) showing:
 - A short story used in Kuchipudi,
 - The emotions involved,
 - Movements used to express the story, and
- Students then perform a short dance sequence inspired by the story



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