

STUDENT'S WORKSHEET

FOUNDATION PROGRAMME FOR LITERACY,
NUMERACY AND SKILLS

INSTRUMENTAL MUSIC

GRADE 7

TITLE : PATRIOTISM

**MOE
MAHATMA GANDHI INSTITUTE
2026**



TABLE OF CONTENTS

Student's Worksheet	01
Introduction	02
Activity 1	02-03
Activity 2	04
Work Sheet	05

GRADE 7

STUDENT'S WORKSHEET

**TITLE :
MARCHING BEATS**



Introduction

In Indian music, **laya** refers to the speed or tempo at which a rhythm progresses, providing a sense of flow and movement within a composition. In this activity, you will explore how steady beats, rhythmic patterns, and different types of laya (slow, medium, and fast) are used in patriotic marches. You will clap, stamp, and move in coordination with your group to experience how tempo helps create unity, discipline, and teamwork. Through this activity, you will develop rhythmic accuracy, control soft and loud dynamics, become more aware of laya, and perform a coordinated class marching sequence.

ACTIVITY 1

RHYTHM

- Listen carefully as the teacher explains about Rhythm
- Now that you understand rhythm, give examples of rhythm in life.

RHYTHM IN UNIVERSE



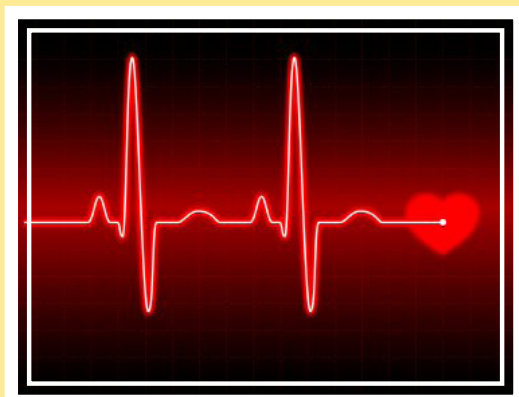
The planet moves on their orbit at a particular rhythm around the sun

Rhythm in Nature



Nature always fascinates people by giving different natural rhythmic patterns as observed in the sea waves, waterfalls or the forest.

Rhythm in Human beings



The heart beat is the most natural and intrinsic rhythm which human being can easily feel.



The beauty of dance can always be appreciated when performed at an appropriate rhythm.



The marching of soldiers in a troop is done accurately on rhythm.

ACTIVITY 2

CONCEPT OF LAYA

- Listen attentively as your teacher explains the concept of laya.
- List and write short notes on the 3 types of laya.

How many types of laya do you know?

Name them.

- Give 3 examples of animals moving in each speed given in the table below:

Slow speed (<i>Vilambit laya</i>)	Medium speed (<i>Madhya laya</i>)	Fast speed (<i>Drut laya</i>)

ACTIVITY 3

MARCHING BEATS

In this activity, you will learn about *Patriotism – Marching Beats*.

Steps:

1. Observe your teacher's steady beat through clapping and stamping.
2. Imitate simple rhythmic patterns using soft and loud dynamics.
3. You will be divided in two groups:
 - One group keeps a steady marching beat
 - The other group marches or moves in response, with the option to use rhythmic instruments.

4. After switching roles, both groups will perform together as one coordinated marching team.

5. At the end, you will share what you found easy or challenging and reflect on how rhythm, laya, and teamwork contribute to effective marching music.

Exercises

1. From the diagram below, cross out all the instruments that are *not used* in a marching beat parade.



2. Fill in the blanks with the words given in bracket below:
(drut, three, madhya, speed, vilambit)

- (i) Laya is the term used for in Indian music.
- (ii) There are types of laya in music.
- (iii) laya is used to show excitement.
- (iv) laya is the term used for normal speed.
- (v) The speed at which a tortoise moves can be compared to laya.

PROFILING: (Tick Appropriately)
Lesson 3- Marching Beats; MY PROGRESS?

			
	Good	Satisfactory	Needs Improvement

What have I Learnt?

1. What is rhythm?			
2. Examples of rhythm			
3. What is laya?			
4. Types of Laya			
5. Marching Beats activity			
6. Reflection & Expression (Sharing and learning through discussion)			



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