

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :
BASIC DANCE POSTURE



MOE
MAHATMA GANDHI INSTITUTE
2025

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GRADE 7

GUIDE TO EDUCATORS

Card 2

Title of Card: Basic Dance Postures



Competency

Students develop awareness of posture, balance, alignment, and correct dance and everyday positions.

Element 1.2

Maintain posture and perform extended sequences with confidence.

Performance Criteria

- **Level 1:** Identify and imitate basic dance postures.
- **Level 2:** Hold posture steadily and transition safely between positions.

Purpose of Activity

- Introduce four basic dance postures in Indian classical dance: Samapada, Vaishnava Sthanaka, Natyarambhe, Sausthava, Muzhumandi
- Introduce **everyday body postures** used in daily life.
- To help learners connect everyday body postures to simple weather conditions.
- To support posture awareness using real-life, familiar movements.
- To enhance creativity and expression through weather-inspired actions.
- To create a smooth bridge between daily-life movements and classical dance postures.

Learning Outcomes

By the end of the lesson, students will be able to:

- demonstrate four dance postures and several everyday body postures.
- develop balance while maintaining each body posture
- Describe the features of body postures.
- differentiate between everyday body and dance postures.

Resources & Materials

- Open space
- Flashcards (dance + everyday postures)
- Drum beat / simple rhythm
- Floor markers

Teaching Trajectories / Implementation Guidelines

Introduction – “Postures in Life and Dance”

- Begin with questions:
 - "How do we stand when listening?"
 - "How do we bend to pick up something?"
 - "How do dancers stand and sit?"
- Explain: "Today we learn dance postures AND everyday postures that help us enjoy different weather conditions."



Section A: Everyday Body Postures

Introduce using simple visuals.

Postures:

- Standing upright
- Sitting on a chair
- Bending forward
- Squatting / crouching
- Reaching upward
- Careful stepping
- Looking around / observing





Section B: Dance Postures

1. Samapada (Standing position)



2. Vaishnava Sthanaka (Araimandi / Half Sitting)



3. Natyarambhe (Dance-Ready Posture)



4. Sausthava (Graceful Standing)



5. Muzhumandi (Full Sitting)





Theme:

Weather makes us move

Begin with a brief discussion:

- "What do we do when the sun is hot?"
- "How does our body feel when it is cold?"
- "What do we do when we see rain clouds?"
- "How do we walk when the wind is strong?"

Explain to students:

"We use different postures every day depending on the weather. Today we will learn these postures and move like the weather!"

Daily-Life Weather Postures

1. Standing Tall – Sunny Day

- Neutral body alignment
 - Feet slightly apart
 - Arms relaxed
- Cue:** "Stand tall under the warm sun."

2. Reaching Up – Bright Sunshine / Rainbow

- Arms stretched upward
 - Spine extended
- Cue:** "Reach up to touch the sunshine or rainbow."

3. Bending Down – Rainy Day

- Knees bent
 - Body leaning forward
- Cue:** "Bend to pick up your umbrella."

4. Curling / Hug-In Posture – Cold Weather

- Arms wrapped around body
- Shoulders slightly rounded
Cue: "Hug your body to stay warm."

5. Stretching Wide – Windy Day

- Arms stretched sideways
- Chest open
Cue: "Open your arms wide like the wind is blowing!"

6. Tip-Toe Walking – Cloudy or Quiet Weather

- Walking softly on toes
- Soft posture
Cue: "Walk gently like floating clouds."










Activity 1:

Weather Statue Game - "Freeze Like the Weather!"

Students walk around the space.
When teacher calls out a weather type, they freeze in the matching posture.

Weather Call	Posture	Cue For Students
 Sunshine	Reaching Up	"Grow tall like sunlight!"
 Rain	Bending Down	"Pick your umbrella."
 Wind	Stretching Wide	"Let the wind move you!"
 Cold	Curling posture	"Warm your body!"
 Cloudy	Tip-toe Walking pause	"Float like clouds."

Teaching Strategy:

Use slow counts, claps, or simple rhythms to control the freeze moments.



Activity 2:

Move Like the Weather - Locomotor + Posture Sequence

Guide learners through a simple movement pattern:

Sequence:

1. **Sunny Walk** - Standing Tall walking
2. **Raindrop Pick-Up** - Walk → Bending Down
3. **Windy Sway** - Stretching Wide, gentle side sway
4. **Cold Day Curl** - Curling posture, slow steps
5. **Cloud Tip-Toe** - Soft, quiet tip-toe walking
- 6.

Repeat twice with a steady rhythm.

Variation: Change tempo - slow → medium → fast

Safety Cue: "Use soft knees when bending."








Activity 3:

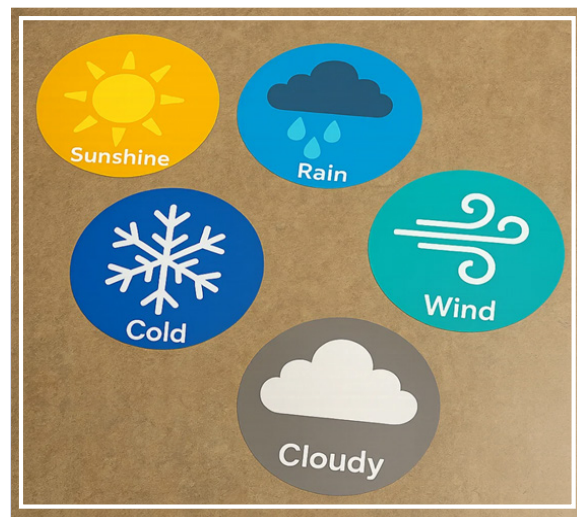
Weather Pathway Stations

Place simple weather symbols on the floor.

Students rotate between each station and perform the matching posture.

Station	Symbol	Posture	Teacher Cue
1	 Sun	Reaching Up	"Feel the warm sunlight."
2	 Rain	Bending Down	"Pick up your raincoat."
3	 Wind	Stretching Wide	"Let the wind push you softly."
4	 Cold	Curling posture	"Keep yourself warm."
5	 Cloud	Tip-toe Walk	"Float gently like a cloud."

Learners pause for 5-7 seconds before moving to the next station.





ASSESSMENT Criteria

(Add-on to existing rubric)

Criteria	Basic	Intermediate	Proficient
Weather Posture Accuracy	Needs help identifying postures	Correct in 2-3 weather postures	Accurate in all weather postures
Expression	Minimal expression	Shows some weather qualities	Clearly expresses each weather condition
Transitions	Slow/unclear	Smooth with guidance	Confident and independent



Extension Activity

"My Weather Movement" Mini-Creation

Students choose one weather type and create a simple 3-step movement using any of the learned postures.

Example:

★ Sun → Stand Tall → Reach Up → Stretch Wide





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