

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :
Indian Classical Dances of India



MOE
MAHATMA GANDHI INSTITUTE
2025

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GRADE 7

GUIDE TO EDUCATORS

Card 6

TITLE OF CARD :

INDIAN CLASSICAL DANCES OF INDIA



Competency:

Connecting (Expression & Communication) -

Learners demonstrate understanding of cultural dance forms and communicate ideas through movement, expression, and discussion.

Element

Use non-verbal communication through hand gestures.

Performance Criteria

- **Level 1:** Identify Indian classical dance forms through pictures, videos, and discussion.
- **Level 2:** Describe basic features (costume, posture, region) of selected Indian classical dances.

Purpose of the Activity

- To introduce learners to the richness and diversity of Indian classical dances.
- To help learners recognise that dances come from different regions of India.
- To build cultural awareness and appreciation through visual and movement-based learning.
- To develop vocabulary related to Indian classical dance in a simple and accessible way.
- To support learners through visuals, repetition, movement, and oral expression.

Learning Outcomes

By the end of this lesson, learners will be able to:

- Name the seven main Indian classical dances.
- Match each dance to its region/state of origin.
- Identify one key feature (costume, posture, music, or expression) of each dance.
- Perform simple movements inspired by selected dances.
- Show respect and curiosity towards Indian cultural heritage.

Resources & Materials

- Pictures/ posters of Indian classical dances
- Short video clips of each dance
- Map of India
- Flashcards with dance names and states
- Indian classical music
- Projector / TV/ Laptop
- Colour pencils

Teaching Trajectories / Implementation Guidelines



Introduction

Activity 1: Meet the 7 Indian Classical Dances (Visual Discovery)

Introduce the dances one by one using pictures/videos.1.

Bharatanatyam – Tamil Nadu

- o Strong posture, bent knees (Araimandi)
- o Expressive eyes and hand gestures



2. **Kuchipudi** – Andhra Pradesh

- o Graceful movements
- o Combination of dance and drama



3. **Kathak** – North India (Uttar Pradesh)

- o Fast footwork
- o Spinning movements



4. **Kathakali** – Kerala

- o Colourful makeup and costumes
- o Strong facial expressions



5. **Odissi** – Odisha

- o Curved body posture (Tribhanga)
- o Soft and graceful movements



6. **Manipuri** – Manipur

- o Gentle and flowing movements
- o Inspired by devotion and nature



7. **Mohiniyattam** – Kerala

- o Soft, feminine movements
- o White and gold costume



Learners repeat names aloud with the teacher.



Activity 2

Match the Dance to the State (Group Activity)

- Learners work in small groups.
- Provide:
 - Dance name cards
 - State name cards
 - Map of India

Task:

- Match the dance with its correct state.
- Paste or place the card on the map.

The image displays a collection of cards and a map for a matching activity. At the top, there are seven dance name cards, each featuring a dancer in traditional attire and the name of the dance: Bharatanatyam, Kuchipudi, Kathak, Kathakali, Odissi, Manipuri, and Mohiniyattam. Below these are six state name cards: Tamil Nadu, Andhra Pradesh, Uttar Pradesh, Kerala, Odisha, and Manipur. At the bottom is a colorful map of India with the word 'INDIA' written in the center.



Activity 3

Dance & Move – Try It Out!

- Teacher demonstrates one simple movement inspired by any of the dance forms.
- Learners copy the movement.
- Use simple cues:
 - “Strong and still” (Bharatanatyam)
 - “Soft and graceful” (Kuchipudi)
 - “Turn slowly” (Kathak)

Focus is on exploration, not perfection.



Activity 4

Colour

Colour the Kathakali mask below:





Assessment Criteria

- Names at least 4 Indian classical dances.
- Matches dances to correct regions with support.
- Participates actively in movement activities.
- Uses simple dance vocabulary.



ASSESSMENT RUBRIC

Criteria	Basic	Intermediate	Proficient
Identification of dances	Names 1-2 dances	Names 3-5 dances	Names all 7 dances
Cultural awareness	Recognises costumes	Explains basic features	Explains region & features
Participation	Limited participation	Active with guidance	Confident and enthusiastic
Movement exploration	Hesitant	Attempts movements	Performs with expression



Extension Activity

My Favourite Indian Classical Dance

- Learners choose one dance.
- Draw the costume OR show one movement.

The image features a dense, repeating pattern of white line-art floral and mandala motifs on a blue background. The motifs are symmetrical and intricate, resembling stylized flowers and geometric patterns. The background is a gradient of blue, with a lighter horizontal band across the middle where the text is located.

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