

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 7

**TITLE OF CARD :
CONCEPT OF DANCE**



**MOE
MAHATMA GANDHI INSTITUTE
2025**

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GRADE 7

GUIDE TO EDUCATORS

Card 7

CONCEPT OF DANCE

Competency:

Art & Appreciation

Learners understand dance as an art form connected to music, expression, culture, and entertainment. Learners understand dance as an art form connected to music, expression, culture, and entertainment.

Element

Understand the concept, types, and importance of dance.

Performance Criteria

- **Level 1:** Identify dance as rhythmic movement with music
- **Level 2:** Distinguish between folk and classical dance in simple terms

Purpose of the Activity

- To introduce learners to the Concept of Dance
- To help learners understand:
 - What dance is
 - Why people dance
 - How dance connects to music and entertainment
- To develop observation, expression, and participation through simple movement activities

Learning Outcomes

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

- Explain what dance is using simple language
- Differentiate between folk and classical dances
- State the importance and benefits of dance in daily life and entertainment

Resources & Materials

- Open space
- Drum / recorded music
- Flashcards (Body, Action, Space, Time, Energy)
- Pictures or short videos of folk and classical dances
- Chart paper

Teaching Trajectories / Implementation Guidelines



Introduction

Dance is the movement of the body with rhythm. These movements can be natural, free, or arranged. Dance is a way to express feelings, ideas, and experiences using the body. From ancient times, people danced. Primitive people lived close to nature. They:

- Imitated animals
- Copied sounds and movements
- Used body movements to communicate before language



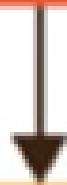
Primitive man dancing

As civilisation developed, dance also changed. Dance became connected to culture, traditions, and entertainment.

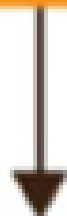


Evolution of Dance

**SPONTANEOUS RHYTHMIC
BODY MOVEMENTS**



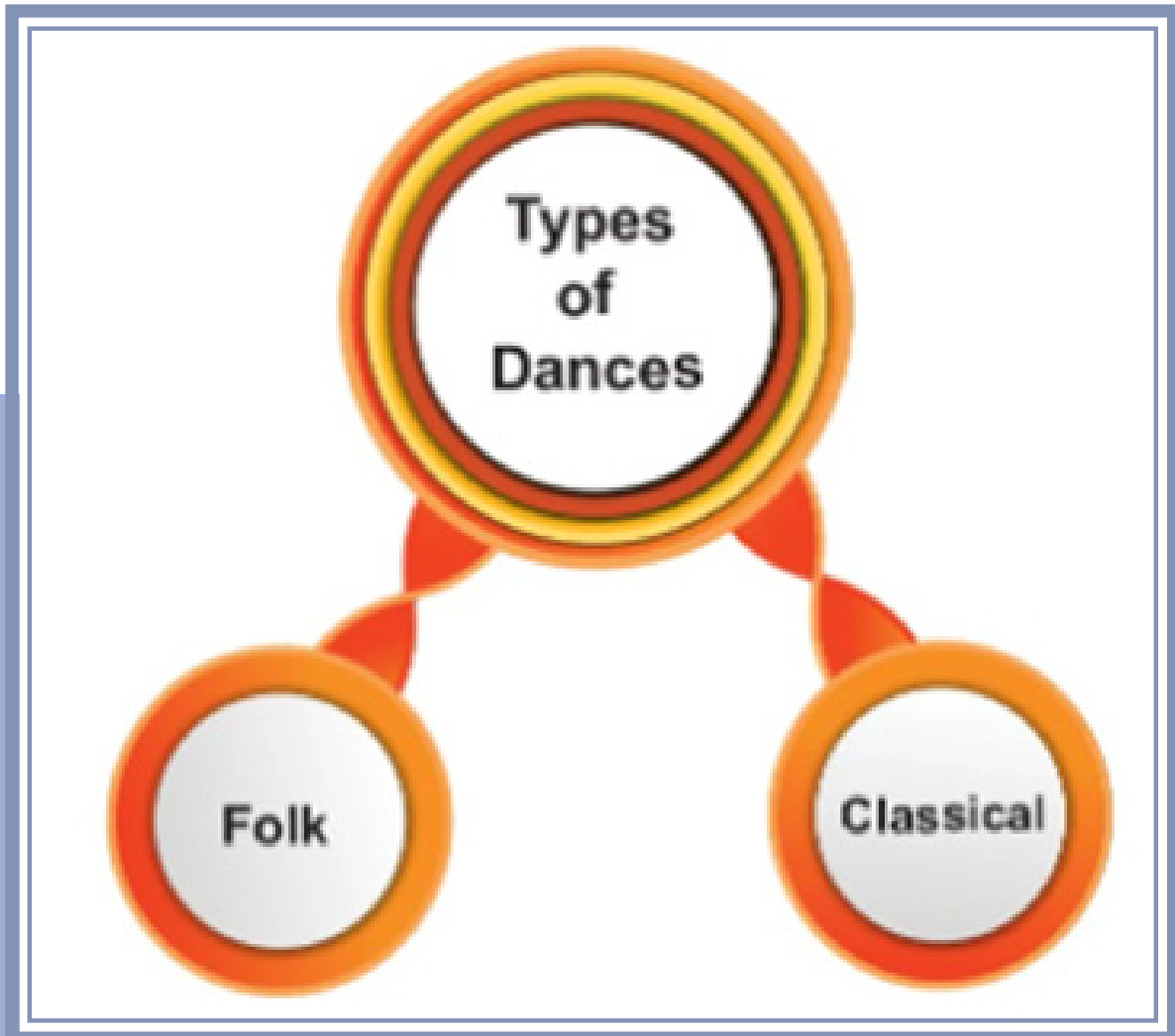
TRIBAL & FOLK DANCES



CLASSICAL DANCES



Folk Dance and Classical Dance



Folk Dance

- Dance of the people
- Easy and fun
- Performed during festivals and celebrations
- For enjoyment and entertainment



Sega dance from Mauritius



Maori dance from New Zealand

SOME FOLK DANCES AROUND THE WORLD



Square Dance from America



Hat dance from Mexico



Bihu dance from India



African folk dance



Bhangra from India



Chinese Lion Dance



Classical Dance

- Has rules and techniques
- Needs training and practice
- Uses hand gestures, steps, expressions
- Needs music and rhythm knowledge



Indian Classical Dance



Western Classical Dance

Basic Differences between Folk and Classical Dance

- | | |
|--|---|
| <ul style="list-style-type: none">• Learnt in informal ways.• Simple feet movements.• Simple rhythm.• Folk music for accompaniment.• Movements reflect daily activities.• Uses simple hand gestures.• Easily understood by all people in general.• Uses local languages.• Wears traditional colourful clothes of the country/ culture.• Usually performed in group.• Wears native make-up and jewelleryes. | <ul style="list-style-type: none">• Requires formal training and years of practice to learn.• Complex feet movements.• Intricate rhythm.• Classical music for accompaniment• Movements are very stylised.• Uses codified and specific hand gestures.• Can be understood only by the initiated ones.• Uses traditional languages.• Wears specific style of costume.• Can be performed in group and solo.• Wears sophisticated make-up and jewelleryes. |
|--|---|

Benefits of dance

Physical Benefits	Mental Benefits	Emotional Benefits
<ul style="list-style-type: none">• Promotes health and prevents many diseases.• Improves flexibility.• Improves stamina.• Reduces fat.• Increases muscle mass.• Maintains bone density.• Promotes body awareness and personal grooming.	<ul style="list-style-type: none">• Improves ability to memorise.• Improves concentration.• Improves eye and hand co-ordination.• Increases will power and perseverance.• Inculcates discipline.	<ul style="list-style-type: none">• Fosters greater understanding of human emotions and feelings.• Promotes moral values.• Enhances self-esteem and self-worth.• Develops the aesthetic sense.



Importance of Dance

Dance is done for:

- Entertainment
- Expression
- Festivals
- Health
- Worship



Celebrations



Exercise



Socialisation



Worship



Profession



ACTIVITY 1

Dance Like Nature 🎵👣

Teacher plays rhythmic music.

Learners:

- Move like animals (bird, elephant, snake)
- Copy nature sounds using claps or steps
- Freeze when music stops

Teacher links activity to:

- Primitive dance
- Expression without words
- Entertainment through movement

Key question:

“How did people use dance before language?”



Activity 2:

Teacher shows images/videos.

Learners identify folk and Classical dances



Activity 3:

Why Do We Dance? 🎭🎵

Learners discuss and move:

Dance is done for:

- Entertainment
- Expression
- Festivals
- Health
- Worship

Each learner shows one movement to music for one reason.

Example:

- Strong movement → entertainment
- Slow soft movement → expression



Assessment Criteria

- Participates in movement activities
- Identifies elements of dance
- Distinguishes folk and classical dance
- Responds using simple vocabulary



ASSESSMENT RUBRIC

Criteria	Basic	Intermediate	Proficient
Understanding of dance	Recognises dance	Explains simply	Explains with examples
Movement & expression	Limited	Shows basic expression	Confident expression
Participation	Needs support	Participates	Fully engaged
Vocabulary	Few words	Some key terms	Uses terms correctly



Extension Activity

My Favourite Dance

Learners draw or describe:

- One dance they like
- Where it is performed
- Why it is entertaining

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 has a subtle gradient from a darker blue at the top to a lighter blue at the bottom.

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