



MOVEMENT AND DANCE

For the Teacher

- Demonstrate and show dance movement for every activity.
- Keep recorded sound, with beats of different rhythms and simple songs, handy for every class.
- Initiate discussions and make every activity interactive. This enables the child to think about every activity independently.
- Feel free to build upon the activities given in the textbook based on the children's responses. If they show more interest in a particular activity, it can be repeated with more variations.



Have you heard the word dance?

We can expand it by—



D — Do **A** — Actions **N** — Narrate **C** — Compose **E** — Enjoy

As soon as you hear these words, you may want to dance.

Kimboi and Vimla
are dancing.



Maybe your Rajesh Sir
is dancing with a stick.



Rishi and Sona are
dancing together.



Do you feel happy or magical?
Come on ... it is time to 'enjoy'.

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LET US DANCE



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ACTIVITY 1 Move Freely

Move your body and dance to a popular song from your region.

Example: dancing freely on a popular children's song or a folk song.

Teacher's Note

Play a traditional song or children's rhymes.

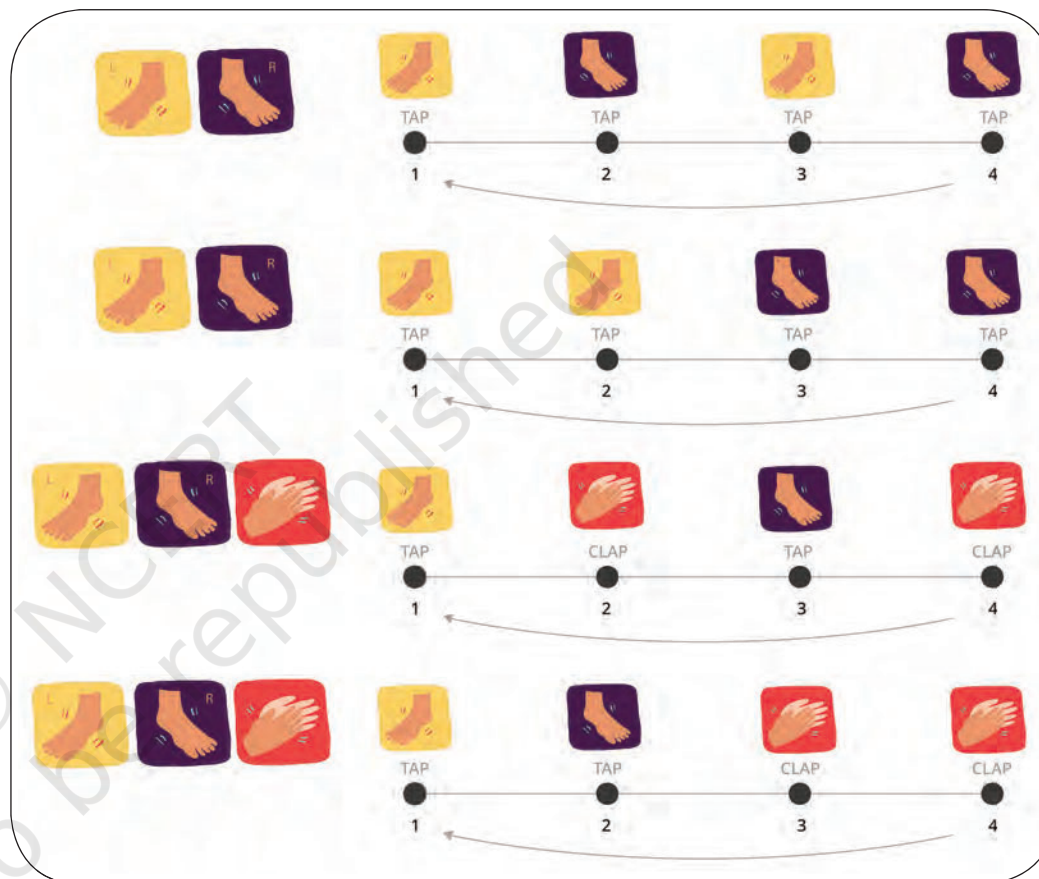


ACTIVITY 2 Dance to the Beats

- Prepare to dance along with a song or a drum beat. Music has many types of rhythmic patterns. Hearing the varied patterns will help you to create your own movement.
- Stamp your feet.
- Clap to the beats of the song.

Example —

- Using toe and flat foot or heel and flat foot.
- Make a circle.
- Move while clapping and stamping with the beats.
- Look at and follow the picture.
- Use left foot and right foot.
- Hands to clap for the, '4 beats rhythm or *taala*'.



Teacher's Note

Teacher may coordinate in showing heel, toe and help the students form a group.

Moving together is very important in dancing, when more than two people (in a group) are dancing.
Did you enjoy? Share your joy with your friends.

ACTIVITY 3 Guess the Actions

Can you guess their action?
What are they doing? Write.



ACTIVITY 4 Movements in Four Beats

Try using different combinations of **four beats in the group**.

- Make a simple pattern of movements.
- Make hand movements (*hastas*) with your group.

And also recite the syllables.
Example with beats:

na dhin dhin na

Or

taka dhimi taka jhuNu

Or

taa thai thai tat

and so on.

Teacher's Note

Refer to Activity 2 for four beats.



ACTIVITY 5 Movement of Hands or Fingers

Observe and learn the movements of animals and copy the movements.

Below are some hand and finger movements, showing different flowers, birds or animals.



Flower



Snake



Flying Bird



Fish



Parrot



Animal

Practise these hand and finger movements. Also observe other movements of birds, human beings, animals, posture of trees, etc., and try to express them with your hands or fingers.

ACTIVITY 6 Matching Steps with Hands

Dance on a single line of a song or a small story with your friends with the combination of four beat syllables and different hand and finger movements.



Are you able to recognise a four or an eight beat rhythm?

Can you dance along with the beats with a lot of energy?

Move your hands to show an action of an animal, bird, flower, nature and so on ...

Yes! keep on dancing ...

Teacher's Note

Suggest simple songs in four beats.