

13 I PLAY AND DANCE

Explore a new world. Here you have to observe keenly the steps used in the dance and also the sounds of musical instruments.

There are several patterns in the steps. The movement of the dance depends upon the rhythm of the musical instruments. Can you tell, what type of musical instrument was played for sound and rhythm in each dance?



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ACTIVITY 1 Movement Patterns

Build a movement like tap (tap-tap-toe-tap or tap-tap-heel-heel-tap with clapping).

- Tap foot in a rhythmic pattern.
- Try to move in a certain shape, e.g., in a circle formation.

There are different shapes like—circles, spirals, and lines. Can you make shapes with your dance?

When you move in a pattern, count the rhythm together like 1, 2, 3, 4, 4, 3, 2, 1.

ACTIVITY 2 Fun with Musical Instruments and Props

Try using the available musical instruments to create rhythmic movements.

Name these musical instruments:



You can enjoy making noise with utensils.

You can also use kitchen utensils as musical instruments.



Now, let us explore further using the instruments and available props you have to make movements. For example, use **ribbon** or **ring** as a dance prop.



Explore new movements in the dance.
Did you have fun using props?
Get ready to combine music and rhythm with the movements.
Yes ... now we are trying to do three things together.

ACTIVITY 3 Movements with Music

Group 1: Show movements for the song.

Group 2: Sing a song.

Group 3: Give beats for the song.

Teacher's Note

Make three groups.
All groups must
have coordination
between them.

ACTIVITY 4 Rhythm of 3 Beats

In this activity, let us improvise the rhythm.

You are familiar with 4 beat rhythms. Here, we are going to explore a 3-beat rhythm.

Syllables for 3 beats: One, two, three or *tha ki Ta* or step, tap, step ...

Are you ready to explore combinations of 2, 3 and 4 beats?



ACTIVITY 5 Different Beat Patterns

Divide the class into three groups.

Group 1: Will count 2 beats like one, two.

Group 2: Will count 3 beats like one, two, three.

Group 3: Will count 4 beats like one, two, three, four.

Count the beats one after another while clapping and tapping the foot. Move your body along with this activity in coordination.

Do you understand practicing together is important and is necessary?

Matching dance movements require a lot of practice whether you are in duet or group.

Teacher's Note

Help the students in making groups and in counting.



Which instrument did I use to dance?

Am I good at coordinating with my friend?