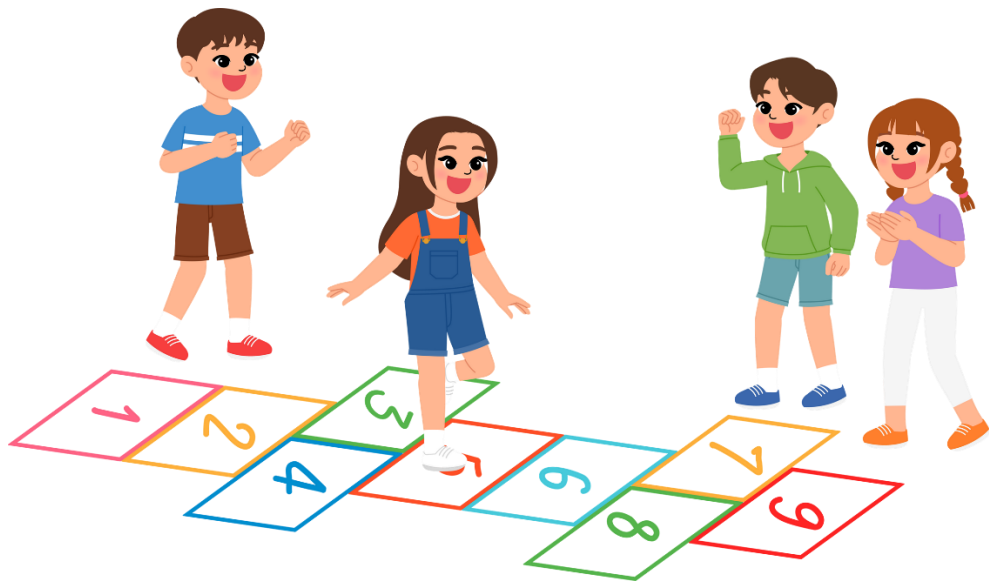


Grade 8 Foundation
(Dance- Teacher Guide)

Theme: Sports and Games



Grade 8 Foundation

(A) Title of Card: Movement through Rhythmic Play

(B) Competency (TLS), Element, and Performance Criteria:

- Participate in physical activities involving coordination and movement.
- Explore simple rhythmic patterns using beats and movement.
- Use movement to express a simple idea or rhythm.
- Work cooperatively in a team and take part in structured games.

(C) Purpose of Activity:

This activity helps students learn rhythm through movement and fun games. It builds listening, timing, and teamwork skills. Students also practice counting beats, following instructions, and naming movements in a creative and active way.

(D) Learning Outcomes

By the end of the lesson, students should be able to

- Identify and perform rhythmic patterns through movement
- Count and sequence beats using body percussion
- Invent a simple game using rhythm and movement collaboratively
- Reflect and describe their personal learning and favorite moves.

(E) Resources and Materials

- Space
- Colored chalks, Markers
- Masking Tap
- Cards
- Markers/ colored pen

Prior Preparations: Cards of with Rhythmic actions.

(F) Teaching Trajectories / Implementation Guidelines

Activity 1: Roll the dice

- Introduce the concept of Rhythm to the students
- Start with warm-up Exercises where rhythm can be found. (Breathing, Walking, Clapping, Jumping)
- Create simple body percussion rhythmic patterns for students to imitate and understand coordination. (Clap – Clap – Stomp – Stomp, Tap shoulders – Clap – Snap – Clap)
- Incorporate the element of speed in the rhythmic patterns.
- Students will demonstrate the rhythmic patterns in 3 speeds.
- Cut and glue the Dice template from the worksheet.
- Cut the flash cards from the Worksheets.
- Students will Roll the dice, pick the matching rhythm card, and perform the moves with the whole class using different levels, tempo, energy, and space!
- Encourage the students to stay in rhythm as they move along in different formations.(circles, zigzag, diagonal)
- Introduce different styles of walking in 3 speeds along with different formations.
- Call out a number (3, 4, 5)
- Students walk and perform rhythmic movements using body percussion using the called-out number.
- Change the number and style of movement with each round.
- Reflect on the student's favorite moves

Activity 2: Rhythm Hopscotch

- Students are provided with chalks, or masking tapes
- Create a hopscotch grid on the floor (can be 6, 8, or 10 squares depending on space).
- Inside each square, write or stick a rhythmic action (e.g., Clap – Jump – Pat knees – Stomp – Snap – Spin or different foot pattern).
- Students one by one will hop through the grid.
- At each square, a student will do the written action on the beat.
- Add a challenge: Perform the whole sequence in slow, medium, and fast tempo.
- Reflect on the student's favorite moves.

(G) Assessment Criteria:

- **Rhythmic Accuracy:** Did students successfully identify and perform rhythmic patterns through movement?

- **Collaboration:** Did students work cooperatively to invent and play their games?
- **Creativity:** How creatively did students incorporate rhythm into movement and play?
- **Reflection:** Did students reflect thoughtfully on their learning and movements.

(H) Extension Activities (Optional):

- **Activity:** Rhythm Relay
- **Teaching Trajectories / Implementation Guidelines:**
 - Divide students into teams.
 - Set up 3 stations with different rhythm challenges (e.g., Clap-Stomp-Tap; Snap-Clap-Jump; Pat knees-Clap-Clap).
 - One by one, students run to the first station, perform the rhythm pattern, then run back to tap the next player.
 - The team that finishes all patterns correctly and rhythmically wins.