

Grade 9 Foundation

Teacher's Guide

(A) **Title of card:** Music and entertainment

(B) Competency, Element and Performance Criteria

- Develop dance movement skills and stage performance skills.
- Perform artistic work(dance) individually and collaboratively.
- Show appreciation of artistic work when watching a dance performance.

(C) Purpose of activity:

This activity helps students explore rhythm, teamwork, and creativity by using Kolattam sticks to learn and perform rhythmic patterns. It encourages the blending of Indian and Mauritian folk elements.

Learning Outcomes

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

- Demonstrate basic rhythmic sequences using Kolattam sticks
- Perform simple group choreography combining music and movement
- Collaboratively create and perform a short sequence inspired by Mauritian folk traditions
- Design a kolattam stick by using appropriate materials.

(D) Resource Materials

- Pairs of Kolattam sticks (or wooden sticks for each student)
- Audio clips of South Indian folk rhythms
- Posters or video examples of Kolattam and Mauritian group dances
- Open space for movement

Introduction to kolattam dance



Kolattam is a dance where the dancers play with sticks.

The Kolattam dance is a popular folk-dance originating from Tamil Nadu.

This dance is usually performed by young girls and women holding two sticks while making various patterns in a big circle.

They also dance in pairs by striking each other's sticks.

Activity 1

- Start with a warm-up activity (example breath in and out for few minutes)
- Teach 2-3 basic sticks pattern for example right-left, front - tap, side-tap and rotate.
- Practice in pairs moving in simple formations.

Activity 2

- Start with a warm-up activity (example slow circles with the neck, leg swings and jumping jack).
- Practice in pairs moving in simple formations and expand to groups of 4 or 6.
- Create a group dance sequence using the learnt steps on a folk music.

Extension of activity

- Explore other rhythmic music: Bollywood, Sega or Bhojpuri dance.
- Besides the movements given above, the teacher can improvise any other steps.

Workbook



Students should:

- Listen and follow the teacher carefully.
- Cut out the picture from their workbook and paste it onto their Kolattam stick.
- Do same movements with both hands and feet while using the kolattam sticks.
- Memorise the movements of the dance.











Title of Card: Les Metiers de l'île Maurice

Competency, Element & Performance Criteria :

- Develop expressive movement skills based on everyday actions related to professions.
- Perform collaborative group choreography inspired by various professions.
- Demonstrate an appreciation for dance as a medium to represent daily work.

Purpose of activity

This activity encourages students to explore the world of professions through creative dance. It helps develop rhythm, teamwork and imagination by translating job related movements into dance routines.

Learning outcomes

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

- Identify traditional and modern Mauritian professions.
- Express the actions of these professions through creative movement and gesture.
- Collaborate in small groups to choreograph short dance pieces.
- Appreciate the diversity and cultural value of work in Mauritian Society.

(D) Resource Materials

- Whiteboard/poster listing common Mauritian professions
- Music from Mauritius
- Costume, props (optional)
- Audio system-speakers, open space to dance.

Introduction

Mauritius is a country known for its rich ethnic, linguistic, and cultural diversity. The professions found on the island reflect this mix, blending traditional roles with modern occupations. Some examples include:

The fisherman- representing coastal life

The weaver- linked to local crafts and artisanal skills.

The sugarcane farmer- tied to colonial history and the island's scenery

The Sega performer- embodying traditional music and dance.

Activity 1- Rhythms of the Sea- A Fisherman's Journey

1. Start with a warm-up activity- begin with brisk walking, side steps and gentle jogger in place.
2. Inhale as arms rise like waves overhead.
3. Exhale as arms slowly roll down like water.
4. Add torso sways side to side to mimic the sea.
5. Step one leg forward, reach both arms across the body as if casting a net.
6. Pull back the net, using full body.
7. Squat down to make as if you are lifting a fish basket.

A fisherman begins his day early. He rows out to sea, casts his nets, faces the sun, the waves and sometimes the storm. He returns with his catch and pride sharing it with his family and community.

Dance Sequence

Break the journey into 5 themed segments. Teach each in sequence.

- A. Morning Preparation (Slow movements)
 - Waking up, stretching of the body
 - Mime movements of lifting nets, buckets.
 - Putting on clothes
- B. Rowing to sea (Rhythmic, Repetitive)
 - Simulate rowing
 - Mimic balancing on a boat
- C. Casting the nets in wide sea
 - Throwing nets in wide sea
 - Pulling back heavy nets (show effort)
- D. Facing the storm (fast, chaotic movements)

- Sudden spins and drops
- Group circle to form storms
- Use foot to mimic thunder.

E. Returning home (joyful)

- Lighter movements
- Group circle to dance.

Teachers are free to choose any professions listed above and mount a choreography.

Activity 2- Group Choreography

- Combine the movements into a short choreography.
- Each group will link their movements creatively to form a dance sequence.
- Practice and perform the choreography in synchronization.

Student workbook

Danse des metiers



Activity 1: Observe & Imitate

Step 1: Watch people around you doing their daily work.

Step 2: Write down 3 movements that are repetitive in their job.

Example:

- Farmer: cutting cane, carrying bundle, sharpening knife.
- Fisherman: throwing net, rowing, pulling rope. Write your observations here:

1. _____
2. _____
3. _____

Activity 2: Transform into Dance

Take the movements you listed and exaggerate them. Add rhythm, levels (high/low), and direction (left/right/forward/backward).

Activity 3: Group Work: Create a “Dance of Professions”

Work in groups of 4–5. Each member chooses a profession.

1. Share your movement ideas.
2. Combine them into a short sequence.
3. Add music (e.g., sega, ravanne beats).
4. Perform for the class.

Teacher's Guide

(E) **Title of card:** Social Media

(F) Competency, Element and Performance Criteria

- Imitates movement prompts with coordination and rhythm.
- Expresses emotions and ideas through movement.
- Creates and performs a short dance sequence.
- Engages positively with peers in dance activities.

(G) Purpose of activity:

This activity encourages students to explore their emotions, imagination and individuality through fun, theme-based dance movements inspired by everyday digital tools like emojis, hashtags or video. It also allows students to express modern experiences (taking selfies, reacting to posts) through body movement and performance.

Learning Outcomes

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

- Express popular social media actions using basic dance movements.
- Understand how social media communicates feelings and trends.
- Create a short and original rhythmic pattern.
- Collaborate in groups to perform a short dance sequence.

(H) Resource Materials

- Open space for movement
- Emoji flashcards (happy, sad, excited, angry, cool...)
- Large cutouts of social media icons (like button, hashtag, selfie camera, video)
- A cardboard or laminated smartphone frame for posing and photo play
- A portable speaker

Introduction to Let's Go Viral! - A social media dance adventure

This fun and engaging dance activity is designed to explore movement through the exciting and relatable theme of social media. Using playful prompts like emojis, hashtags, selfies and video challenges, students will express emotions, practice coordination and create their own short dance sequences. Through this activity, students not only develop physical and creative skills but also begin to understand how digital culture can be used positively as a form of self-expression and communication—all through movement, music and fun.

Activity 1

- Start with a warm-up activity (example breath in and out for few minutes)
- Call out different emojis and students perform a movement that matches the feeling.

Emojis	Movement suggestion
Happy	Jump and wave
Sad	Slow slide to the floor
Angry	stomp and strong arms
Excited	spin and clap
Cool	freeze in a dance pose

Activity 2- Scroll and Dance

Part 1: Dance prompts from social media

Students copy or create moves based on the following concepts:

- TikTok Dance Challenge: students mimic a basic step like a clap-slide - twist.
- Taking a Selfie- Pose and freeze with a big smile
- Scrolling the feed- Hands mimic swiping up while walking in slow motion
- Hashtag move (#): Jump and make a cross shape with arms and legs
- Going live: wave and dance in front like you're performing for an audience.

Part 2: Create a mini-Dance Reel

- In small groups, select three actions and build a 10-15 second dance.
- Perform a showcase -take the stage area as the screen
- Play background music for more fun.

Part 3: Log off and relax

- Sit in circle
- Gentle stretches while pretending to log off or shut down (folding hands, closing eyes)
- Each student says a word that describes their emotions

Workbook

1.Emoji Action Match-up

Draw a line to match each emoji with the correct dance move.

Emoji

Sad

Excited

Happy

Cool

Dance Move

Spin and clap with joy

Freeze in a cool pose

Jump and wave your hands

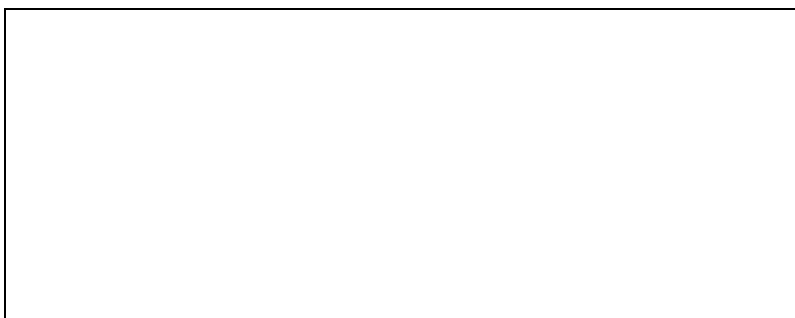
Slide to the floor slowly

2.My social Media Dance Pose

Draw your favourite dance pose like you are in a TikTok video or taking selfie.

Use colors

Draw inside the phone frame below



3. Hashtag My Dance!

Think of a fun name for your dance. Write your own # Hashtag!

#..... (Examples: #HappyDance # Cool moves
#EmojiGroove)

4. What did you do today?

Encircle as many answers as you want.

- ✓ I danced like an emoji
- ✓ I created my own moves
- ✓ I watched my friends perform
- ✓ I posed like a selfie
- ✓ I danced to music

5. How did you feel?

Draw an emoji face to show how you felt during the dance class.