
SUNDAY 27 SEPTEMBER 2026

Breaking Down Nattadavu: Building Coordination Step by Step



Input

Materials Demonstration and verbal instructions by the facilitator
Time 1 hour

Activity

I taught the students Nattadavu, but they found the adavu difficult to understand. Therefore, I first taught them the leg movements separately. After they became familiar with the steps, I introduced the hand movements. I noticed that they had difficulty coordinating both movements at the second and third speeds. Therefore, I focused more on the leg movements to help them understand the adavu clearly. This taught me that breaking down difficult movements into simple parts helps children learn more effectively.

Outcome

Technique (adavus)

Students were introduced to the corresponding hand movements.

(We observed it)

Learnings

I learned that breaking down a difficult movement into smaller, simpler parts helps children understand and learn more effectively.

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