

CLASS -10 CURRICULUM SUBJECT-DANCE Session-2022-23

| Enquire + Excel + Empower | INTERNATIONAL SCHOOL | Session-2022-23 | |
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| | Feb, March | April | Мау |
| Contents | Warm-up Stretching Freestyle dance Hip-Hop Basic Steps | Warm-up Stretching Pakhshi Paran in Teen Taal | Warm-up Stretching Folk dance (World Environment Day Special Dance) |
| Learning Outcomes | Students will be able to Understand the basic knowledge of dance Learn dance on Freestyle and its Rhythm Learn Hip-Hop Dance Basic Steps | Students will be able to Understand the basic knowledge of dance Learn Teen Taal Pakhshi Paran Footwork steps and its Rhythm | Students will be able to Understand the basic knowledge of dance Perform the Dance with rhythm |
| Skills | Rhythm , Prevent injuries, Build Strength and Flexibility | Rhythm, Posture, Alignment, Control ,Balance and Facial Expression(Intellectual skills) | Physical Fitness, Stamina, Perseverance, Rhythm ,Flexibility and Develop Physical Skills, (Intellectual skills) |
| Methodology | -Teacher will give the students live demonstration Smart Class | -Teacher will give the students live demonstration Smart Class | -Teacher will give the students live demonstration Smart Class |
| Assessments | Live individual and group performance Class etiquettes and ethics | Live individual and group performance Class etiquettes and ethics | Live individual and group performance Class etiquettes and ethics |
| | June | July | August |
| Contents | Warm-up Stretching Writing Teen Taal Kavit Notation | Warm-up Stretching Patriotic theme Based Dance | Warm-up Stretching Shuffle dance |
| Learning Outcomes | Students will be able to Understand the basic knowledge of dance Learn Teen Taal Kavit steps and its Rhythm | Students will be able to • Understand the basic knowledge of dance • Perform the Dance with rhythm | Students will be able to Understand the basic knowledge of dance Learn Suffle dance Footwork steps and its Rhythm |
| Skills | Rhythm, Posture, , Alignment, Control, Balance and Develop writing skills (Intellectual skills) | Coordination, Rhythm ,Build Strength and Flexibility | Rhythm, Flexibility , Balance and Refine movement quilty,Improve self confidence, (Intellectual skills) |
| Methodology | -Teacher will give the students live demonstration | -Teacher will give the students live demonstration Smart Class | -Teacher will give the students live demonstration Smart Class |
| Assessments | Live individual and group performance Class etiquettes and ethics | Live individual and group performance Class etiquettes and ethics | Live individual and group performance Class etiquettes and ethics |

| | September | October | November |
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| Contents | Warm-up stretching (Gandhi Jayanti Theme Based Dance) | Warm-up stretching Definition of Kathakali dance | Warm-up stretching Retro Dance |
| Learning Outcomes | Students will be able to Understand the basic knowledge of dance Perform the Dance with rhythm | Students will be able to Understand the basic knowledge of dance Learn Definition of Kathakali Dance | Students will be able to • Understand the basic knowledge of dance • Develop their dance skills through Retro Bollywood |
| Skills | Rhythm , Flexibility, Stamina, Perseverance and Coordination | Rhythm, Laya and Taal | Rhythm , Build Strength, Flexibility and Coordination Facial Expression(Intellectual skills) |
| Methodology | -Teacher will give the students live demonstration Smart Class | -Teacher will give the students live demonstration Smart Class | -Teacher will give the students live demonstration Smart Class |
| Assessments | Live individual and group performance Class etiquettes and ethics | Live individual and group performance Class etiquettes and ethics | Live individual and group performance Class etiquettes and ethics |