

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

Enquire + Excel + Empower	INTERNATIONAL SCHOOL	Session-2022-23	
	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
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