

**Dance Curriculum  
CLASS I  
Session-2022-23**

	Feb/ March	April	May
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Freestyle Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Folk Dance of Himachal</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Folk dance of Punjab.</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basics of dance</li> <li>• develop their dance skills through Freestyle dance</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basics of dance</li> <li>• perform the dance with rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basics of dance</li> <li>• Learn Punjabi folk steps and its rhythm</li> </ul>
<b>Skills</b>	Extension, Coordination, Body Balancing, Rhythm, Build Strength and Flexibility	Rhythm, Balance, Coordination, Mobility and Culture based ability (Intellectual Skills)	Rhythm, Stamina , Perseverance, Build Strength & Flexibility Culture based ability (Intellectual Skills)
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>

	June	July	August
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Retro Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Bollywood Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Teen Taal Ekgun (Footwork)</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basics of Retro dance</li> <li>• Develop their dance skills through Retro Bollywood</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge to perform dance with rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basics of Teen Taal footwork steps with rhythm</li> </ul>
<b>Skills</b>	Coordination, Rhythm, Balance, Facial Expression (Intellectual Skills)	Control, Rhythm, Build Strength and Flexibility, Improve Self Confidence (Intellectual skills)	Rhythm, Coordination, Posture, Alignment, Balance and Control
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>

	September	October	November
Contents	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Gat Nikasa (Classical, Murli Gat)</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Gandhi Jayanti (Theme based Dance)</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Introduction of Teen taal</li> </ul>
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> <li>• Learn Gat Nikaas in Teen Taal footwork steps and with rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Perform the theme based dance with rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the history and definition of Teen Taal</li> <li>• Perform dance using Teen Taal</li> </ul>
Skills	Rhythm, Flexibility, Stamina, Alignment, Control and Posture	Coordination, Rhythm, Mobility, Motivation, Discipline ,Increase memorization	Knowledge, Understanding, Rhythm, Posture, Alignment, Control, Balance, Facial Expression(Intellectual skills)
Methodology	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
Assessments	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>