

**Curriculum**  
**Subject: Dance**  
**Class - II**  
**Session - 2024-25**

	<b>April</b>	<b>May</b>	<b>June</b>
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Dandiya Dance</li> </ul>	<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 Punjab</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Dandiya dance steps and its rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge 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 basic knowledge of dance</li> <li>• Learn Punjabi folk steps and its Rhythm</li> </ul>
<b>Skills</b>	Extension, Rhythm, Build Strength and Flexibility	Stamina , Perseverance, Strength, Rhythm, Coordination and Culture based ability (Intellectual Skill)	Coordination, Rhythm, Stamina and perseverance, Culture based ability (Intellectual Skill)
<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>
	<b>July</b>	<b>August</b>	<b>September</b>
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Folk dance of HP</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>• Basic of robotics</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn folk dance steps and its rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Bollywood dance steps and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn robotics dance steps and its rhythm</li> </ul>
<b>Skills</b>	Posture, Balance, Rhythm and Alignment (Facial Expression (Intellectual skills))	Build Strength, Flexibility, Rhythm and Better Coordination (Intellectual skills)	Strength, Mobility, Coordination, Rhythm, Posture and Facial Expression (Intellection 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>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>

	<b>October</b>	<b>November</b>	<b>December</b>	<b>Jan/Feb</b>
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Janmashtmi dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up and</li> <li>• Stretching and</li> <li>• Basic of contemporary</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up and</li> <li>• Stretching</li> <li>• Retro dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up and stretching and</li> <li>• Revision for all topics</li> </ul>
<b>Learning Outcomes</b>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Perfume the dance with rhythm</li> </ul>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Develop their physical healthy and ability to work</li> </ul>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn retro dance steps and its rhythm</li> </ul>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Students will be able to learn all topics</li> </ul>
<b>Skills</b>	Rhythm, Balance and Control	Rhythm, Flexibility, Coordination, Motivation and Discipline	Rhythm and Balance, Improve your writing skills	Rhythm, Flexibility coordination, and body balancing
<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>	<ul style="list-style-type: none"> <li>• Teacher will give them 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>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>