



Curriculum
Subject: Dance
Class - I
Session - 2024-25

	April	May	June
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Freestyle dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Father day theme dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Basic of hip hop
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basics of dance • Develop their dance skills through Freestyle dance 	Students will be able to <ul style="list-style-type: none"> • Understand the basics of dance • Learn Bollywood dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basics of dance • Perform the dance with rhythm • Learn hip hop dance steps
Skills	Extension, Coordination, Body Balancing, Rhythm, Build Strength and Flexibility	Rhythm, Stamina, Perseverance, Build Strength & Flexibility (Intellectual Skills)	Rhythm, Balance, Coordination and Mobility
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class
Assessment	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics

	July	August	September
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Retro Dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Bollywood Dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Basic step of bhangra
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basics of Retro dance • Develop their dance skills through Retro Bollywood 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge to perform dance with rhythm 	Students will be able to <ul style="list-style-type: none"> • Learn Punjabi folk dance steps and its rhythm
Skills	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 stamina
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class
Assessment	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics

	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Basic step of robotics 	<ul style="list-style-type: none"> • Warm-up • Stretching • Folk dance of Haryana 	<ul style="list-style-type: none"> • Warm-up • Stretching • Christmas dance 	<ul style="list-style-type: none"> • Warm-up and • Stretching • Revision for all topics
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Learn robotics step and its rhythm 	Students will be able to <ul style="list-style-type: none"> • Perform the dance with rhythm 	Students will be able to <ul style="list-style-type: none"> • Perform the dance with rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Students will be able to learn all topics
Skills	Rhythm, Flexibility, Stamina, Alignment, Control and Posture	Coordination, Rhythm, Mobility, Motivation, Discipline and Increase memorization	Knowledge, Understanding, Rhythm, Posture, Alignment, Control, Balance and Facial Expression (Intellectual skills)	Rhythm, Flexibility, Coordination and Body balancing
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give them live demonstration • Smart class
Assessments	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics