

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

A will May						
	April • Warm-up	May • Warm-up	June • Warm-up			
Contents	Stretching	Stretching	 Stretching 			
nte	 Mother day dance 	Freestyle dance	Bhangra dance			
Ō	• Wother day dance	• Treestyle dance				
	Students will be able to	Students will be able to	Students will be able to			
bo Si	Understand the basic	Understand the basic knowledge	Understand the basic			
Learning Outcomes	knowledge of dance	of dance	knowledge of dance learn			
arr	Learn Bollywood dance	• Perform dance on freestyle dance	Bhangra Dance steps and its			
O Le	steps and its rhythm	and its rhythm	Rhythm			
(0	Jumping , Coordination, Rhythm ,	Rhythm, Balancing , Coordination ,	Balance, Rhythm , Coordination and			
Skills	Stamina and Culture based ability	Posture and Facial Expressions	Culture based ability(Intellectual Skill)			
S	(Intellectual Skill)	(Intellectual skills)				
~	Teacher will give the	Teacher will give the students	• Teacher will give the students			
log	students live	live demonstration	live demonstration			
op	demonstration	Smart Class	Smart Class			
tho	Smart Class					
Methodology						
			Live individual and group			
nts	 Live individual and group performance 	 Live individual and group performance 	 Live individual and group performance 			
Assessments	performance	performance	performance			
ess	Class etiquettes and ethics	Class etiquettes and ethics	Class etiquettes and ethics			
Ass						
	July	August	Contombor			
	Warm-up	Warm-up	September • Warm-up			
ß	Stretching	Stretching	Stretching			
ten	Retro Dance	 Basic of Italian folk dance 	 Folk dance of HP 			
Contents	• Retro Bance					
0						
	Students will be able to	Students will be able to	Students will be able to			
	 Understand the 	 Understand the basic knowledge 	Understand the			
arning Itcomes	basic knowledge	of dance	basic knowledge of dance			
arni cor	of dance	 Develop their Dance skills 				
Lea Out	 Develop their dance skills 	through Italian folk dance	 Learn folk dance steps and its 			
0	through Retro Bollywood		rhythm			
s	Rhythm, Galloping, Coordination	Coordination, Jumping, Rhythm and	Body Balance, Posture, Alignment,			
Skills	and Flexibility	Flexibility	Coordination, Rhythm and Flexibility			
	• Toochor will sive the	• Toochor will sive the students	(Intellectual skills)			
Vgc	 Teacher will give the students live demonstration 	 Teacher will give the students live demonstration 	 Teacher will give the students live demonstration 			
plot	Smart Class		Smart Class			
hoc		Smart Class				
Methodology						
2						
ts	Live individual and group	Live individual and group	Live individual and group			
Jen	performance	performance	performance			
sm						
		 Class etiquettes and ethics 	 Class etiquettes and ethics 			
ses	 Class etiquettes and ethics 		endos enquerres una ermes			
Assessments	Class etiquettes and ethics					

	October	November	December	Jan/Feb
Contents	Warm-upStretchingDiwali dance	 Warm-up Stretching Definitions of Hip- Hop 	Warm-upStretchingOld Bollywood dance	 Warm-up and Stretching and Revision for all topics
Learning Outcomes	 Students will be able to Understand the basic knowledge of dance Develop their physical healthy and ability to work 	 Students will be able to Understand the basic knowledge of dance Learn definitions of Hip- Hop dance 	 Students will be able to Understand the basic knowledge of dance Learn old Bollywood dance steps and its rhythm 	 Students will be able to Understand the basic knowledge of dance Students will be able to learn all topics
Skills	Coordination, Rhythm and Flexibility	Stamina, Galloping, Rhythm, Strength and Body Balancing (Intellectual skills)	Rhythm, Posture, Alignment, Coordination and Facial Expressions (Intellectual skills)	 Rhythm, Flexibility coordination and body balancing
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 	 Teacher will give them 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 	 Live individual and group performance Class etiquettes and ethics