

Curriculum Subject: Dance Class - IV

Session - 2	2024-25
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	April May June						
	• Warm-up	May • Warm-up	Warm-up				
Contents	 Stretching 	 Stretching 	 Stretching 				
nte	 Himachal day 	Freestyle dance	 Folk Dance of Punjab 				
Co							
	Students will be able to	Students will be able to	Students will be able to				
	Understand the basic	Understand the basic	Understand the				
Learning Outcomes	knowledge of dance	knowledge of dance	basic knowledge				
Learning Dutcome	 Learn Himachal day dance 	 Learn freestyle dance steps 	of dance				
Out	steps	and its rhythm	 Learn Punjabi folk steps and 				
			its rhythm				
	Rhythm, Balance, Coordination,	Extension, Rhythm, Build Strength and	Coordination, Rhythm, Stamina,				
lls	Mobility and Culture based ability	Flexibility	perseverance and Culture based				
Skills	(Intellectual Skill)		ability (Intellectual Skill)				
		<u> </u>					
٨s	 Teacher will give the students live demonstration 	 Teacher will give the students live demonstration 	 Teacher will give the students live demonstration 				
Methodology			students live demonstration				
por	Smart Class	Smart Class	Smart Class				
leth							
Σ							
ts	Live individual and group	Live individual and group	Live individual and group				
Assessments	performance	performance	performance				
รรท							
sse	 Class etiquettes and ethics 	 Class etiquettes and ethics 	Class etiquettes and ethics				
A							
	July	August	September				
ts	• Warm-up	• Warm-up	• Warm-up				
ten	Stretching	Stretching	Stretching				
Contents	Retro Dance	Patriotic dance	Bollywood Dance				
-	Students will be able to	Students will be able to	Students will be able to				
S	Understand the	Understand the basic	Understand the				
rning comes	basic knowledge of Retro	knowledge of dance					
arr tco			basic knowledge of dance				
	dance	•	basic knowledge of danceDevelop their dance skill				
Learning Outcomes	-	 learn patriotic dance and its steps 	 basic knowledge of dance Develop their dance skill through Bollywood 				
Lea	danceDevelop their dance skills through Retro Bollywood	 learn patriotic dance and its steps 	 Develop their dance skill through Bollywood 				
	dance • Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, 	Develop their dance skill through Bollywood Extension, Rhythm, Build Strength				
Skills Lea	danceDevelop their dance skills through Retro Bollywood	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing 	 Develop their dance skill through Bollywood 				
	dance • Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility 				
Skills	dance • Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength • Teacher will give the students	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the 				
Skills	 dance Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength Teacher will give the students live demonstration 	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students live demonstration 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the students live demonstration 				
Skills	dance • Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength • Teacher will give the students	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the 				
Skills	 dance Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength Teacher will give the students live demonstration 	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students live demonstration 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the students live demonstration 				
	 dance Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength Teacher will give the students live demonstration 	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students live demonstration 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the students live demonstration 				
Methodology Skills	 dance Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength Teacher will give the students live demonstration Smart Class Live individual and group 	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students live demonstration Smart Class Live individual and group 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the students live demonstration Smart Class Live individual and group 				
Methodology Skills	 dance Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength Teacher will give the students live demonstration Smart Class 	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students live demonstration Smart Class 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the students live demonstration Smart Class 				
Methodology Skills	 dance Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength Teacher will give the students live demonstration Smart Class Live individual and group performance 	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students live demonstration Smart Class Live individual and group performance 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the students live demonstration Smart Class Live individual and group performance 				
Skills	 dance Develop their dance skills through Retro Bollywood Rhythm , Flexibility, Extension and Build Strength Teacher will give the students live demonstration Smart Class Live individual and group 	 learn patriotic dance and its steps Extension, Rhythm, Build Strength, Facial Expression and Body Balancing (Intellectual Skills) Teacher will give the students live demonstration Smart Class Live individual and group 	 Develop their dance skill through Bollywood Extension, Rhythm, Build Strength and Flexibility Teacher will give the students live demonstration Smart Class Live individual and group 				

	October	November	December	Jan/Feb
Contents	 Warm-up Stretching Basic step of Italian folk dance 	 Warm-up Stretching Hand Tutting 	 Warm-up Stretching and Definition of Hip Hop 	 Warm-up and Stretching and Revision for all topics
Learning Outcomes	 Students will be able to Understand the basic knowledge of dance Develop their dance skills through Italian dance 	Students will be able to Understand the basic knowledge of Tutting dance Develop their dance skills through hand Tutting 	 Students will be able to Understand the basic knowledge of dance Learn Teen Hip-Hop steps and its Rhythm 	 Students will be able to Understand the basic knowledge of dance Students will be able to learn all topics
Skills	Stamina, Extension, Rhythm , Build Strength and Flexibility	Stamina, Extension, Rhythm , Build Strength and Flexibility	Posture, Extension, Rhythm, Build Strength and Flexibility	 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