Cambridge

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

	April	May	June
Contents	• Warm-up • Stretching • History of Bhartnatyam	• Warm-up • Stretching • Folk dance (Siraj Naati)	• Warm-up • Stretching • Baithaki Bhav
Learning Outcomes	Students will be able to • Understand the basic knowledge of dance • Dance on Bhartnatyam and its rhythm	Students will be able to • Understand the basic knowledge of dance • Learn folk dance steps and its rhythm	• Students will be able to Understand the basic knowledge of dance • Learn Baithaki Bhav steps and its rhythm
Skills	Rhythm, Build Strength, Flexibility and Physical Fitness	Rhythm, Posture, Alignment, Control, Body Balancing, Concentration and Facial expression (Intellectual skills)	Rhythm, Flexibility, Coordination, Facial expression and Culture based ability (Intellectual Skill)
Methodology	• Teacher will give the students live demonstration • Smart class demonstration	• Teacher will give the students live demonstration • Smart class demonstration	• Teacher will give the students live demonstration • Smart class demonstration
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

	July	August	September
Contents	• Warm-up • Stretching writing teen • Ganesh Vandna	• Warm-up • Stretching • Theme based dance (Patriotic theme Based)	• Warm-up stretching • Bhai Duj Dance Performance • Guajarati Dance (Integrated with Geography)
Learning Outcomes	Students will be able to • Understand the basic knowledge of dance • Learn Shiva Vandna and its rhythm	Students will be able to • Understand the basic knowledge of dance • Dance on Patriotic song steps and its rhythm	Students will be able to • Understand the basic knowledge of dance • Learn Bhai Duj dance steps and its rhythm
Skills	Rhythm and Posture (Intellectual skills)	Rhythm, Build Strength, Flexibility and Group Coordination (Intellectual skills)	Rhythm, Posture, Alignment, Balance, Control and Facial Expression (Intellectual skills)
Methodology	• Teacher will give the students live demonstration • Smart class demonstration	• Teacher will give the students live demonstration • Smart class demonstration	• Teacher will give the students live demonstration • Smart class demonstration

Assessment	• 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

	October	**November**	**December**	**Jan /Feb**
Contents	• Warm-up • Stretching • Bachata Dance	• Warm-up • Stretching • Thaat in Ektaal	• Warm-up • Stretching • Education theme based 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 dance skills through Bachata dance	Students will be able to • Understand the basic knowledge of dance • Develop their dance skills through Thaat in Ektaal dance	Students will be able to • Understand the basic knowledge of dance • Learn Education theme based 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	Rhythm, Build Strength, Flexibility and refine movement Quality	Rhythm, Build Strength, Alignment and Flexibility	Rhythm, Flexibility , Posture, Balance and Facial Expression (Intellectual skills)	Rhythm, Flexibility coordination and body balancing
Methodology	• Teacher will give the students live demonstration • Smart class demonstration	• Teacher will give the students live demonstration • Smart class demonstration	• Teacher will give the students live demonstration • Smart class demonstration	• Teacher will give them live demonstration • Smart class demonstration
Assessment	• 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