

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

	April	May	June
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Folk dance (Korsog Naati) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Guru Vandna 	<ul style="list-style-type: none"> • Warm-up • Stretching • Kalinka dance (Russian dance)
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Korsog Naati)steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Guru Vandna dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Kalinka dance steps and its rhythm
Skills	Physical Fitness, Rhythm and Flexibility	Rhythm, Build Strength and Flexibility	Coordination, Balance, Stamina, Perseverance, Rhythm and Flexibility
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart class demonstration 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart class demonstration 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart class demonstration
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
	July	August	September
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Giddha dance (Interrelated with English) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Theme based dance (Janmashtmi Theme Based) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Ashtpadi Dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Free style dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Janmashtmi dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Ashtpadi Dance its rhythm
Skills	Rhythm, Taal, Posture and Improve Your writing Skill	Rhythm, Build Strength and Flexibility	Rhythm, Coordination, Build Strength and Flexibility
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart class demonstration 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart class demonstration 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart class demonstration
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

	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Suffi Dance advance (Integrated with Art & Culture) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Definition of Odissi dance 	<ul style="list-style-type: none"> • Warm-up and • Stretching and • 15 Beats of Enlightenment 	<ul style="list-style-type: none"> • Warm-up and • Stretching and • Revision for all topics
Learning Outcomes	<p>Students will be able to</p> <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Suffi dance steps and its rhythm 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Odissi dance steps and its rhythm 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Students will be able to perform 15 Beats of Enlightenment with rhythm 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Students will be able to learn all topics
Skills	Rhythm, Physical Fitness, Stamina and Perseverance	Rhythm, Improve your writing skill, Posture and Alignment	• Rhythm, Flexibility coordination and body balancing	• Rhythm, Flexibility coordination and body balancing
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart class demonstration 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart class demonstration 	<ul style="list-style-type: none"> • Teacher will give them live demonstration • Smart class demonstration 	<ul style="list-style-type: none"> • Teacher will give them live demonstration • Smart class demonstration
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