

**Curriculum**  
**Subject: Dance**  
**Class - X**  
**Session - 2024-25**

	<b>April</b>	<b>May</b>	<b>June</b>
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• A Rearranged Fusion Ghir Ghir Aayi (Raga with rhythm)</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Freestyle dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Garba Dance</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn dance on Raga with rhythm and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn dance on Freestyle and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Garba dance performs with rhythm</li> </ul>
<b>Skills</b>	Rhythm, Prevent injuries, Build Strength and Flexibility	Rhythm, Posture, Alignment, Control, Balance and Facial expression(Intellectual skills)	Physical Fitness, Stamina, Perseverance, Rhythm, Flexibility and Develop physical skills (Intellectual skills)
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>
	<b>July</b>	<b>August</b>	<b>September</b>
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Cha Cha dance (Cuba)</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Vishnu Vandna</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Acro dance</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn steps Cha-Cha dance and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Perform Vishnu Vandna dance with rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Acro dance steps and its Rhythm</li> </ul>
<b>Skills</b>	Rhythm, Posture, Alignment, Control, Balance and Develop writing skills (Intellectual skills)	Coordination, Rhythm, Build Strength and Flexibility	Rhythm, Flexibility, Balance and Refine movement quality,Improve self confidence (Intellectual skills)
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>

	<b>October</b>	<b>November</b>	<b>December</b>	<b>Jan /Feb</b>
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up and stretching</li> <li>• Flamenco Dance (Spain)</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up and stretching</li> <li>• Shri Ram Vandna</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up and stretching</li> <li>• Important Classical Dance &amp; Artist</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up and stretching</li> <li>• Revision for all topics</li> </ul>
<b>Learning Outcomes</b>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Perform the Dance with rhythm</li> </ul>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Shri Ram Vandna Dance steps and its rhythm</li> </ul>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Develop their dance skills through Classical Dance</li> </ul>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Students will be able to learn all topics</li> </ul>
<b>Skills</b>	Rhythm, Flexibility, Stamina, Perseverance and Coordination	<ul style="list-style-type: none"> <li>• Rhythm, coordination, Flexibility and Stamina</li> </ul>	Rhythm, Build Strength, Flexibility, Coordination and Facial expression (Intellectual skills)	Rhythm, Flexibility, Coordination and Body balancing
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give them live demonstration</li> <li>• Smart class demonstration</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>

**DANCE CLUB**  
**Session-2024-25**  
**Jugalbandi**

	<b>April / December</b>
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up and stretching</li> <li>• Urban Hip – Hop + Semi Bollywood</li> </ul>
<b>Learning Outcomes</b>	<p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Perform the Dance with rhythm</li> </ul>
<b>Skills</b>	<b>Rhythm , Flexibility, Stamina ,Perseverance and Coordination</b>
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart class demonstration</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>