



DANCE CURRICULUM
CLASS- IX
Session-2025-26

	April	May	June
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Athgun footwork (Classical) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Zumba dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Teen taal (classical)
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Developing expertise in intricate footwork sequences aligned with classical beats (taal). 	Students will be able to <ul style="list-style-type: none"> • Syncing steps with Latin beats and dynamic tempo shifts and Boosting stamina through continuous, fast-paced movements. 	<ul style="list-style-type: none"> • Students will be able to • Developing familiarity with the 16-beat cycle, including its divisions and rhythmic accents.
Skills	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration,	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration,
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class
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 • Bhangra (Punjabi folk dance) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Theme based dance 	<ul style="list-style-type: none"> • Warm-up stretching • Bhai Duj Dance Performance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Learn signature steps like Single Leg Bounce, Dhamaal, and Shoulder Shrug that define Bhangra. 	Students will be able to <ul style="list-style-type: none"> • Using facial expressions, hand gestures (mudras), and body movements to convey emotions and ideas. 	Students will be able to <ul style="list-style-type: none"> • Learn Bhai Duj dance steps and perform with Rhythm
Skills	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class
Integration		<ul style="list-style-type: none"> • Integrate with English chapter (The lost child) 	

Assessment	<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
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	October	November	December	Jan /Feb
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Freestyle dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Bollywood dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Shuffle legs dance 	<ul style="list-style-type: none"> • Warm-up and stretching and • Revision for all topics
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Developing their own style and movement vocabulary and enhancing spontaneity and adaptability in dance. 	Students will be able to <ul style="list-style-type: none"> • Develop their dance skills through Bollywood dance 	Students will be able to <ul style="list-style-type: none"> • Mastering rapid leg movements with clean execution. 	Students will be able to <ul style="list-style-type: none"> • learn all topics
Skills	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give them live demonstration • Smart class
Assessment	<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