

DANCE CURRICULUM
CLASS- X
Session-2025-26

	April	May	June
Contents	<ul style="list-style-type: none"> Warm-up Stretching Teen taal tarana 	<ul style="list-style-type: none"> Warm-up Stretching Folk dance of HP (Shimla) 	<ul style="list-style-type: none"> Warm-up Stretching Guru Vandna
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Developing familiarity with the 16-beat cycle, including its divisions and rhythmic accents. 	Students will be able to <ul style="list-style-type: none"> Developing skills in rhythmic movements, graceful footwork, and expressive hand gestures. 	Students will be able to <ul style="list-style-type: none"> Honoring and showing gratitude to your Guru through graceful movements.
Skills	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing,	Gross motor skills, posture and body control, stamina and fitness	Gross motor skills, posture and body control, stamina and fitness, 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
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
Integration			<ul style="list-style-type: none"> Integrate with hindi chapter (ram lakshman aur parshuram sambad)
	July	August	September
Contents	<ul style="list-style-type: none"> Warm-up Stretching Kalinka dance (Russian dance) 	<ul style="list-style-type: none"> Warm-up Stretching Vishnu Vandna 	<ul style="list-style-type: none"> Warm-up Stretching Dandiya dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Mastering fast-paced steps, jumps, and squat kicks that define Kalinka's dynamic style 	Students will be able to <ul style="list-style-type: none"> Developing a deeper understanding of Lord Vishnu's attributes and significance in Hindu tradition and Perform Vishnu Vandna Dance with rhythm 	Students will be able to <ul style="list-style-type: none"> Mastering the beats and footwork patterns that align with traditional Garba and Dandiya music.
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, 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

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 and stretching Flamenco Dance (Spain) 	<ul style="list-style-type: none"> Warm-up and stretching Ginatkari tihai 	<ul style="list-style-type: none"> Warm-up and stretching Important Classical Dance & Artist 	<ul style="list-style-type: none"> Warm-up and stretching Revision for all topics
Learning Outcomes	<ul style="list-style-type: none"> Students will be able to Grasping about Flamenco's complex rhythms and syncing movements with traditional music. 	Students will be able to <ul style="list-style-type: none"> Developing proficiency in counting, structuring, and executing Ginatkari (intricate rhythmic patterns) within the three-time repetition of a Tihai. 	Students will be able to <ul style="list-style-type: none"> Developing accuracy in footwork and synchronization with taal (rhythmic cycles). 	-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	<ul style="list-style-type: none"> Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing 	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, 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
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



DANCE CLUB
Session-2025-26
Jugalbandi

	April / December
Contents	<ul style="list-style-type: none">• Warm-up and stretching• Urban Hip – Hop + Semi Bollywood
Learning Outcomes	Students will be able to <ul style="list-style-type: none">• Understand the basic knowledge of dance• Perform the Dance with rhythm
Skills	Rhythm , Flexibility, Stamina ,Perseverance and Coordination
Methodology	<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