



**DANCE CURRICULUM
CLASS- IV
Session-2025-26**

	April	May	June
Contents	<ul style="list-style-type: none">• Warm-up• Stretching• Himachali naati (Shimla naati)	<ul style="list-style-type: none">• Warm-up• Stretching• Mother day dance	<ul style="list-style-type: none">• Warm-up• Stretching• Folk Dance of Punjab (Gidda)
Learning Outcomes	Students will be able to <ul style="list-style-type: none">• Learn Shimla naati dance steps and perform with rhythm	Students will be able to <ul style="list-style-type: none">• Using gestures and choreography to symbolize the bond between a mother and child	Students will be able to <ul style="list-style-type: none">• Developing synchronization with the beats of traditional Punjabi folk 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, 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 history chapter (Our culture regional dance)		
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• Prop theme dance	<ul style="list-style-type: none">• Warm-up• Stretching• Patriotic dance	<ul style="list-style-type: none">• Warm-up• Stretching• Break dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none">• Develop their dance skills through Prop dance	Students will be able to <ul style="list-style-type: none">• Conveying themes of pride, honor, and devotion through movement and gestures.	Students will be able to <ul style="list-style-type: none">• Building endurance and muscle control for power moves like freezes, spins, and flips.
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 hindi chapter (aur maati nihai hogayi) 	
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 Tap dance 	<ul style="list-style-type: none"> Warm-up Stretching Hand tutting 	<ul style="list-style-type: none"> Warm-up Stretching and Hip Hop dance (b-boying) 	<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"> Develop their dance skills through tap dance 	Students will be able to <ul style="list-style-type: none"> Improving control over finger and hand movements to create intricate shapes. 	Students will be able to <ul style="list-style-type: none"> Learn Hip Hop dance steps and its Rhythm 	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
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